



**BEING A
HUMAN IS
HARD.**

CALL OR TEXT

988

**MENTAL
HEALTH
LIFELINE**

Call or text **988** for free mental health help, 24/7.

- Suicidal Thoughts
- Depression & Anxiety
- Substance Abuse
- Domestic Violence
- Self Harm
- Paranoia & Psychosis
- Emotional Distress

988oklahoma.com

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