

CALL OR TEXT

988

**MENTAL
HEALTH
LIFELINE**

NEED TO TALK?

988 is here to help with:

Sadness	Grief
Loneliness	Dread
Hopelessness	Guilt
Anxiety	Thoughts of Suicide
Worry	Violence at Home
Stress	Over Use of Substances
Loss	Or other feelings

FREE | CONFIDENTIAL | 24/7

LEARN MORE AT [988OKLAHOMA.COM](https://www.988oklahoma.com)

SOMETIMES LIFE

CAN BE SO HARD.

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