

# SAY A WORD SAVE A LIFE

One conversation is all it takes. Whether you're checking in on a friend or with yourself, these questions can help get things started.



Just checking  
on you!  
You okay?

Are you  
good?

You okay?  
You seem a  
little down.



How are  
you feeling  
today?

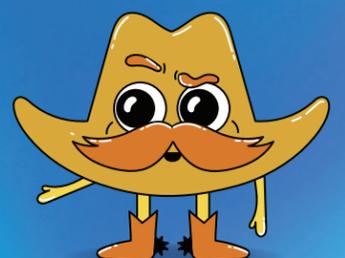
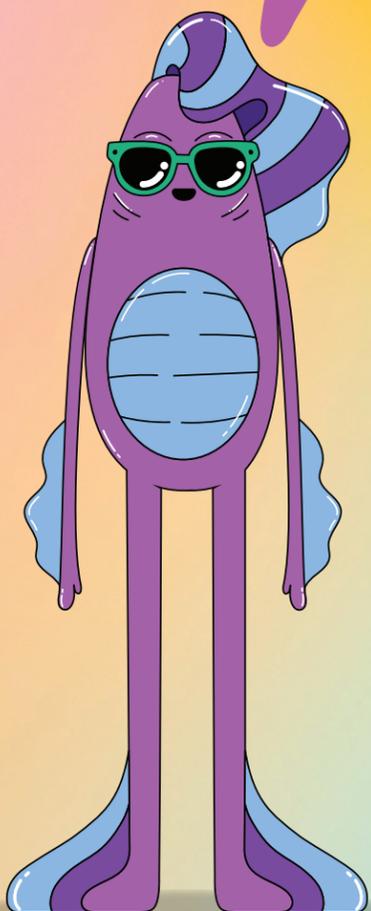
You feeling  
alright lately?

What's on  
your mind?



No pressure,  
but I'm here  
if you ever  
need to talk.

Do you  
want to talk  
about it?



CALL  
OR  
TEXT

988

MENTAL  
HEALTH  
LIFELINE