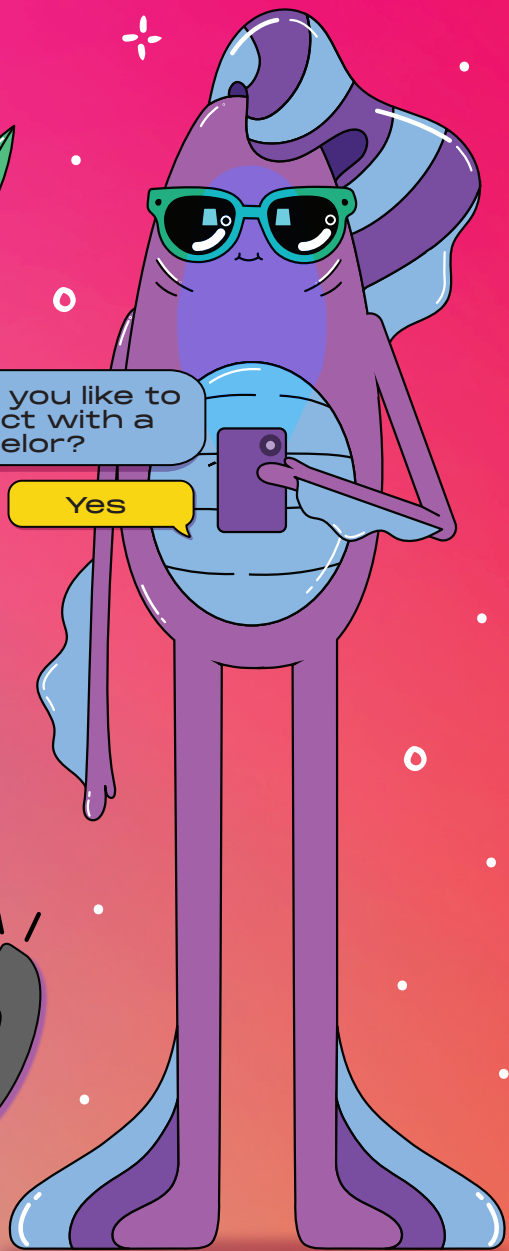


# HELP! HOW DO I ASK FOR HELP?

# 1

## CALL OR TEXT 988

If you call, wait a few short seconds for the lifeline to pick up. Most calls are answered in 10 seconds or less. If you text, you'll get an automated response immediately.



# 2

## FOLLOW THE STEPS

Listen to the phone tree for directions if you're calling. If you're texting, respond "yes" when asked if you'd like to connect with a counselor. Spanish speakers, LGBTQ+ youth, and veterans: listen close for options just for you!



Would you like to connect with a counselor?

Yes

# 3

## TALK TO A DISPATCHER

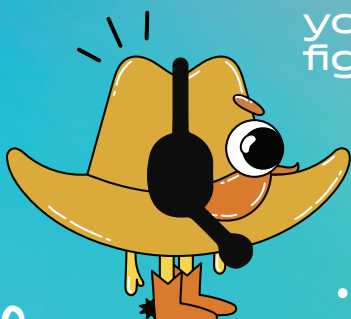
A trained dispatcher based in Oklahoma will answer and ask questions to make sure you're safe. They'll then walk through your situation and help figure out next steps.



# 4

## GET HELP

Once your dispatcher is sure you're safe, they'll connect you with resources that are right for you. That might be coping skills, breathing techniques, or a next-day appointment with a mental health provider.



CALL OR TEXT ANY TIME, ANY DAY, ANY REASON!

CALL OR TEXT

# 988

MENTAL HEALTH LIFELINE