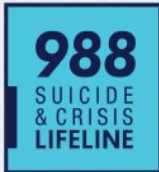


# You Are Not Alone

**988 Suicide & Crisis Lifeline**

Free \* Confidential \* 24/7 \* For Everyone



**Call: 988 Text: 988**



**MILITARY & VETERANS CRISIS LINE**

CALL: 988 PRESS 1    TEXT: 838255



**AYUDA EN ESPAÑOL**

LLAME: 988 PRESIONE 2    TEXT: AYUDA TO 988



**LGBTQIA+ YOUTH SUPPORT**

CALL: 988 PRESS 3    TEXT: 988, REPLY "Y"  
WHEN PROMPTED



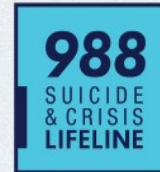
**NATIVE AND STRONG LIFELINE**

CALL: 988 PRESS 4

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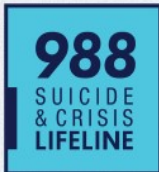
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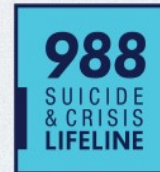
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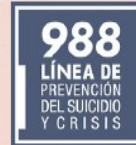


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