

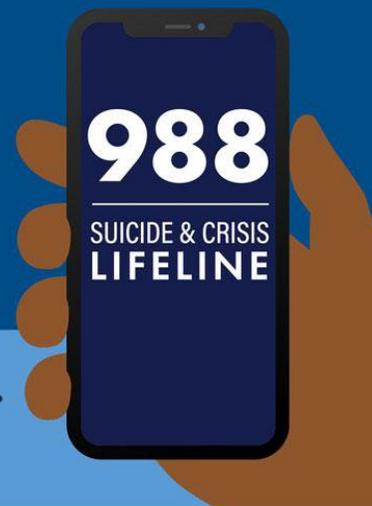
National Suicide Hotline

Add the 988 Suicide & Crisis Lifeline (988) to your phone now
it could save a life later

Trained crisis counselors are always available to talk

Visit <https://go.nih.gov/hoMF6tt> for more info

**SAVE THE NUMBER
SAVE A LIFE
CALL OR TEXT 988**



Add this number to your phone now.
It could save a life later.



nimh.nih.gov/suicideprevention