

**DO YOU
NEED HELP?**

**988 Suicide &
Crisis Lifeline**

If you or someone you
know is struggling or in
crisis, help is available.

CALL OR TEXT 988



MOST[®]
The Boilermaker Advantage

**YOUR
MENTAL
HEALTH
MATTERS**

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988 SUICIDE & CRISIS LIFELINE

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

What Happens When You Call the 988 Lifeline?

1. You'll hear an automated message featuring additional options while your call is routed to your local 988 Lifeline network crisis center.
2. We'll play you a little music while we connect you to a skilled, trained crisis worker.
3. A trained crisis worker at your local center will answer the phone.
4. This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

988 Lifeline Center calls are free & confidential, and they're available 24/7.

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