

# Take the First Step



Asking for help when it comes to mental health takes a lot of courage, and connecting with the 988 Florida Lifeline is just the beginning. Let us help you take back your mental health.

**Take action  
to protect  
your mental  
health.**

**CALL, TEXT OR CHAT**

**988**

**TO GET HELP TODAY.**

Learn more at [988FloridaLifeline.com](https://988FloridaLifeline.com)

