



# Stay Connected!

If you're experiencing suicidal thoughts or mental health concerns, reach out to your friends, family, and community resources for support.

CALL, TEXT OR CHAT

**988**

TO GET HELP TODAY.

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



**988** | **FLORIDA  
LIFELINE**



FLORIDA DEPARTMENT  
OF CHILDREN AND FAMILIES