

How are you really doing though?



Checking in doesn't require perfect timing or the right words – simply reaching out shows you care. Listen without judgment, and remind them they're never a bother.

Call or text the Suicide and Crisis Lifeline at 988, 24 hours a day, 7 days a week.

Call Teen Line at 1-800-852-8336 (6 PM-10 PM PT) or text **TEEN to 839863** (6 PM-9 PM PT).

Learn how to help yourself or a friend.

Visit NeveraBother.org for more resources or to connect with a trusted person.

