

Getting help

Remember, you are never a bother.

Sometimes it feels like the world isn't listening and no one understands. But you're not alone — friends and trained pros can help. They can reconnect you with your reasons to keep going.

If you or a friend are having thoughts of suicide, get help now.

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).

These services are 100% free of charge, confidential and judgment free.

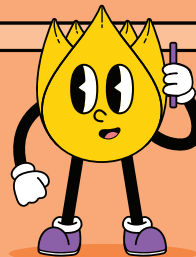
You will:

- Be connected to caring trained pros
- Be heard and understood
- Be asked some questions about yourself (but answering is optional!)
- Receive support and resources



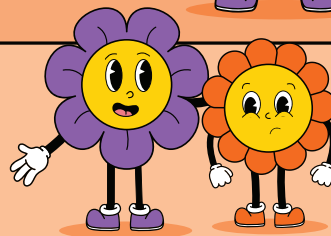
You will not:

- Be required to provide information you don't want to
- Be judged for your feelings

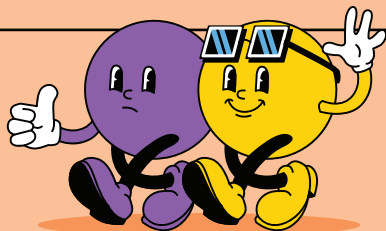


You can also reach out to a trusted friend, family member, teacher or counselor. Not sure who to talk to?

Visit **NeveraBother.org** for additional resources and details on what happens when you contact 988, Teen Line and more.



Whether you're at a low point, in a crisis, or recently experienced a trauma or loss — support is available.



A **trusted friend or family member** can comfort you and give advice you might not have thought about. A counselor or therapist can help you talk through your feelings, and come up with personalized ways to feel better now. (And cope in the long term.)



Scan to download the app



For ongoing mental health support, check out the **free, confidential Soluna app** where you can chat 1 on 1 with professional coaches. Plus: free-writing journals, de-stressing tools, and community forums. Download at solunaapp.com

And remember: **988 is always here, 24/7**. Their trained pros can de-escalate a crisis and create a plan to keep you safe.

988 suicide & crisis
lifeline