



**Stop the
silence.**

Make It OK.

Offer support.

**Help end stigma when someone opens
up to you about their mental health:**

- ✓ **Ask** if they want to talk
- ✓ **Show** kindness
- ✓ **Listen** without judgment
- ✓ **Stay** connected to help lessen feelings of isolation and loneliness
- ✓ **Offer** to help by sharing resources, making meals or driving them to an appointment

**988 is available
to help 24/7**

Call or text 988 or visit [988lifeline.org](https://www.988lifeline.org) if you or someone you know is in a mental health crisis or needs immediate help or support.

Learn more at **Make It .org**