



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** if you or someone you know is in a mental health crisis or needs immediate help or support.

Learn more at **Make It .org**