

IT'S OK  
NOT TO BE OK.®



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## HOW TO:

1. Print the first and second page double sided, or glue both pages together
2. Cut along the lines
3. You're done! Pass out your resource cards and start the conversation about mental health in your community

DESPITE THE THINGS  
YOU'VE BEEN THROUGH,  
IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day's mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT  
FOR LGBTQ YOUTH**  
(866) 488-7386

**TRANS LIFELINE**  
(877) 565-8860

**SAGE**  
ELDER HOTLINE:  
(877) 360-5428

**NATIONAL SEXUAL  
ASSAULT HOTLINE**  
(800) 656-HOPE (4673)

**CRISIS TEXT LINE**  
TEXT "ITSOK"  
TO 741741

**SCAN FOR MENTAL HEALTH  
AND COMMUNITY SERVICES**



**NATIONAL MATERNAL  
MENTAL HEALTH HOTLINE**  
(833) TLC-MAMA (852-6262)

**FOR VETERANS**  
CALL: 988 (PRESS 1)  
TEXT: 838255



FOR MORE RESOURCES, VISIT [HFTD.ORG/LGBTQ](https://HFTD.ORG/LGBTQ)

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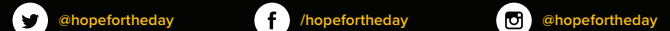
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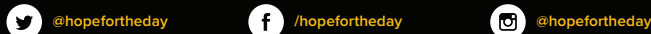
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