

**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.**



Hope For The Day® (HFTD) is a non-profit movement  
empowering the conversation on proactive suicide  
prevention and mental health education.

**988 SUICIDE &  
CRISIS LIFELINE**  
CALL OR TEXT: 988

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

**SUBSTANCE ABUSE &  
MENTAL HEALTH SERVICES**  
(800) 662-HELP (4357)

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

**FOR VETERANS**  
CALL: (800) 273-8255 (PRESS 1)  
TEXT: 838255

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



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FOR MORE RESOURCES, VISIT [HFTD.ORG](https://www.hftd.org)

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