

**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)

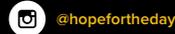
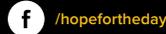
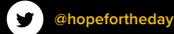
NATIONAL SEXUAL ASSAULT HOTLINE
(800) 656-HOPE(4673)

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

SCAN FOR MENTAL HEALTH AND COMMUNITY SERVICES

TRANS LIFELINE
(877) 565-8860

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



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

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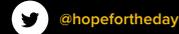
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