

**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® (H.F.T.D.) 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

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

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

FOR VETERANS
CALL: 988 (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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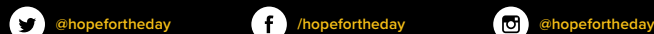
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