



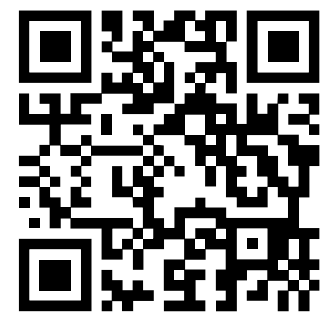
988
SUICIDE
& CRISIS
LIFELINE



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

If you or someone you know needs support now, **text or call 988** to connect to free, 24/7 confidential help.





There is hope.

If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org

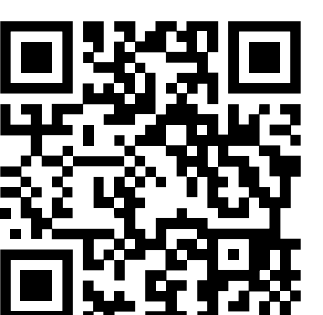
988
SUICIDE
& CRISIS
LIFELINE



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.





There is hope.

If you or someone you know
is struggling or in crisis,
call or text 988
or chat **988lifeline.org**

988

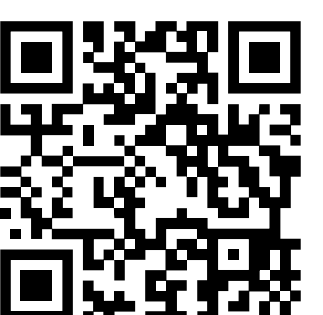
**SUICIDE
& CRISIS
LIFELINE**



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



988
SUICID
& CRISIS
LIFELINE



Be the lifeline.

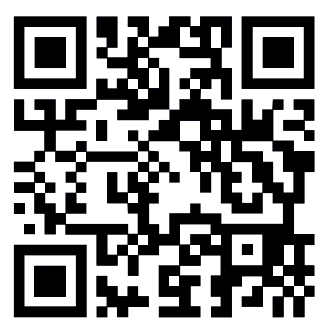
If you or someone you know
needs support now,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.





988
SUICID
& CRISIS
LIFELINE

There is hope.

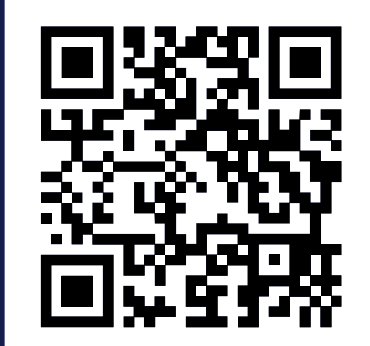
If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.



988

**SUICIDE
& CRISIS
LIFELINE**

There is hope.

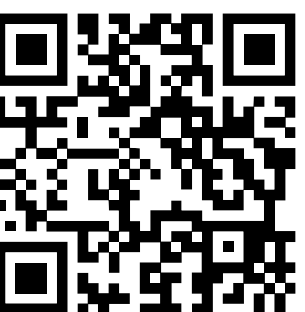
If you or someone you know needs support now,
call or text 988 or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.





988
SUICIDE
& CRISIS
LIFELINE

Be the lifeline.

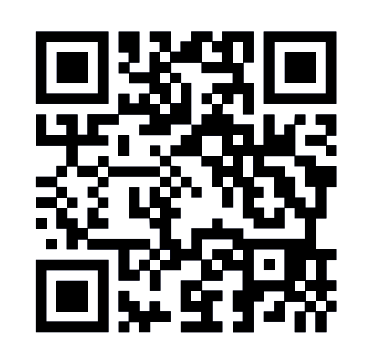
If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.



988

SUICIDE
& CRISIS
LIFELINE

Be the lifeline.

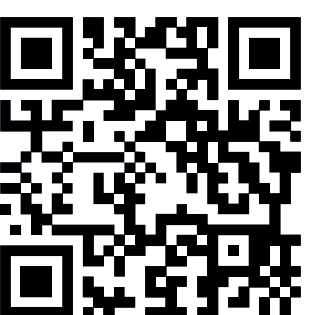
If you or someone you know
needs support now,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.





988
SUICIDE
& CRISIS
LIFELINE

There is hope.

If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



988
**SUICIDE
& CRISIS
LIFELINE**



There is hope.

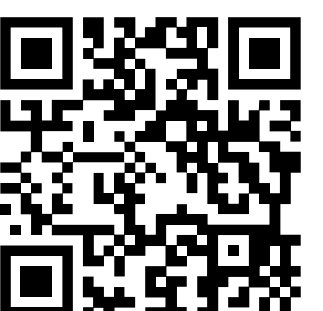
If you or someone you
know needs support now,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.





988
SUICID
& CRISIS
LIFELINE

Be the lifeline.

If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



988

**SUICIDE
& CRISIS
LIFELINE**

Be the lifeline.

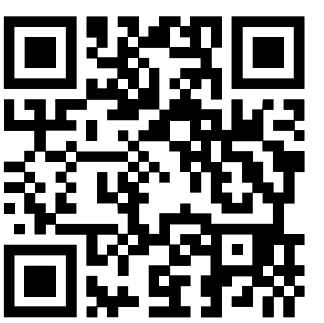
If you or someone you know
needs support now,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.





988

**SUICIDE
& CRISIS
LIFELINE**

There is hope.

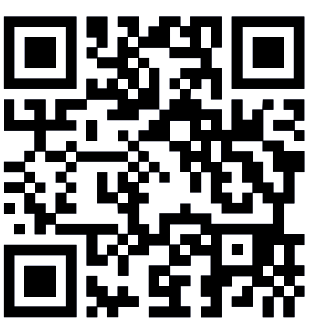
If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.





Be the lifeline.

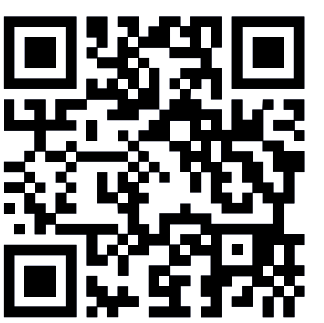
If you or someone you know is
struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.





Be the lifeline.

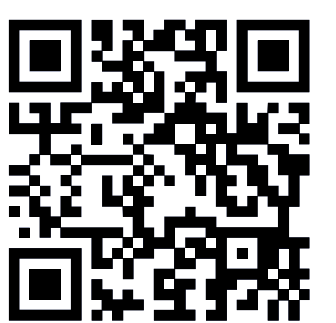
If you or someone you know
is struggling or in crisis,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

Connect to free, 24/7 confidential help.

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.





988
SUICIDE
& CRISIS
LIFELINE

There is hope.

If you or someone you know
needs support now,
call or text 988
or chat 988lifeline.org



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Connect to free, 24/7 confidential help.

