

**IT'S OK
NOT TO BE OK.®**



HFTD.ORG

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.

NATIONAL SUICIDE PREVENTION LIFELINE

(800) 273-TALK(8255)

NATIONAL SEXUAL ASSAULT HOTLINE

(800) 656-HOPE(4673)

TRANS LIFELINE

(877) 565-8860

CRISIS TEXT LINE

TEXT "ITSOK"
TO 741741

FOR VETERANS

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

THE TREVOR PROJECT FOR LGBTQ YOUTH

(866) 488-7386

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES

1-800-662-HELP (4357)

SCAN FOR MENTAL HEALTH AND COMMUNITY SERVICES



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