



Struggling in silence?  
**WE HEAR YOU.**

[988.ny.gov](https://988.ny.gov)

 Office of Mental Health





Need to talk?  
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Feeling alone?  
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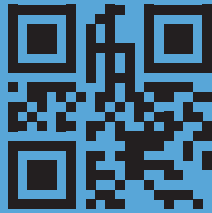


Having trouble finding your voice?  
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## ***Need Support?***

- *Call or Text 988 | Chat: [chat.988lifeline.org](https://chat.988lifeline.org)*
- *Available 24/7*
- *Free & Confidential*



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