

**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® (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

**NATIONAL SEXUAL
ASSAULT HOTLINE**

(800) 656-HOPE(4673)

TRANS LIFELINE

(877) 565-8860

CRISIS TEXT LINE

TEXT "ITSOK"
TO 741741

FOR VETERANS

CALL: 988 (PRESS 1)
TEXT: 838255

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**

(866) 488-7386

**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**

(833) TLC-MAMA (852-6262)

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



@hopefortheday



/hopefortheday



@hopefortheday

FOR MORE RESOURCES, VISIT **HFTD.ORG**