

**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.

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

**THE TREVOR PROJECT  
FOR LGBTQ YOUTH**

(866) 488-7386

**SUBSTANCE ABUSE &  
MENTAL HEALTH SERVICES**

(800) 662-HELP (4357)

**SCAN FOR MENTAL HEALTH  
AND COMMUNITY SERVICES**



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