

**IT'S OK
NOT TO BE OK.®**



HFTD.ORG

**IT'S OK
NOT TO BE OK.®**



HFTD.ORG

**IT'S OK
NOT TO BE OK.®**



HFTD.ORG

**IT'S OK
NOT TO BE OK.®**



HFTD.ORG

HOW TO:

- 1. Print the first and second page double sided, or glue both pages together**
- 2. Cut along the lines**
- 3. You're done! Pass out your resource cards and start the conversation about mental health in your community**

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day's mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**
(866) 488-7386

TRANS LIFELINE
(877) 565-8860

SAGE
ELDER HOTLINE:
(877) 360-5428

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE (4673)

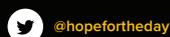
CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**
(833) TLC-MAMA (852-6262)

FOR VETERANS
CALL: 988 (PRESS 1)
TEXT: 838255



@hopeforthe day



/hopeforthe day



@hopeforthe day

FOR MORE RESOURCES, VISIT HFTD.ORG/LGBTQ

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day's mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**
(866) 488-7386

TRANS LIFELINE
(877) 565-8860

SAGE
ELDER HOTLINE:
(877) 360-5428

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE (4673)

CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**
(833) TLC-MAMA (852-6262)

FOR VETERANS
CALL: 988 (PRESS 1)
TEXT: 838255



@hopeforthe day



/hopeforthe day



@hopeforthe day

FOR MORE RESOURCES, VISIT HFTD.ORG/LGBTQ

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day's mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**
(866) 488-7386

TRANS LIFELINE
(877) 565-8860

SAGE
ELDER HOTLINE:
(877) 360-5428

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE (4673)

CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**
(833) TLC-MAMA (852-6262)

FOR VETERANS
CALL: 988 (PRESS 1)
TEXT: 838255



@hopeforthe day



/hopeforthe day



@hopeforthe day

FOR MORE RESOURCES, VISIT HFTD.ORG/LGBTQ

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day's mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**
(866) 488-7386

TRANS LIFELINE
(877) 565-8860

SAGE
ELDER HOTLINE:
(877) 360-5428

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE (4673)

CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**
(833) TLC-MAMA (852-6262)

FOR VETERANS
CALL: 988 (PRESS 1)
TEXT: 838255



@hopeforthe day



/hopeforthe day



@hopeforthe day

FOR MORE RESOURCES, VISIT HFTD.ORG/LGBTQ

HOW TO:

1. Print the first and second page double sided, or glue both pages together
2. Cut along the lines
3. You're done! Pass out your resource cards and start the conversation about mental health in your community