

# WE'VE GOT YOUR BACK!

And you can have your friend's back...  
Don't be afraid to ACT!

**A**cknowledge signs of depression or suicide in your friend.

**C**are about your friend by sharing your concern and the need for help.

**T**ell a trusted adult you're worried about your friend.



**988**  
SUICIDE  
& CRISIS  
LIFELINE



If you or someone you know needs help immediately, dial or text 9-8-8, or chat [988lifeline.org](https://www.988lifeline.org)

**#StickItT  Stigma™**

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