

SHOULD YOU  
CALL 911  
INSTEAD?



If you or someone else  
is having an

 emergency or

 needs **HELP NOW**

 **CALL OR TEXT 911**

for

 **POLICE**

 **AMBULANCE**

 **HOSPITAL**

 **FIRE DEPARTMENT**



Talk to a  
Trusted Adult



- Call 988
- Text 988
- Chat at [www.988Lifeline.org](http://www.988Lifeline.org)
- Anytime day or night!

What do I say when I call 988?

- Be patient, it may take time for a 988 Trusted Adult to answer.
- Stay calm and speak clearly.
- Tell them why you are calling.
- Listen carefully to the 988 Trusted Adults questions and follow their instructions.
- If you can, talk to a Trusted Adult near you after the call.
- Just like 911, 988 is serious and should never be used as a joke!
- Learn more about 988 at [www.988lifeline.org](http://www.988lifeline.org)

Learn more from Gizmo!

Scan the QR code or visit

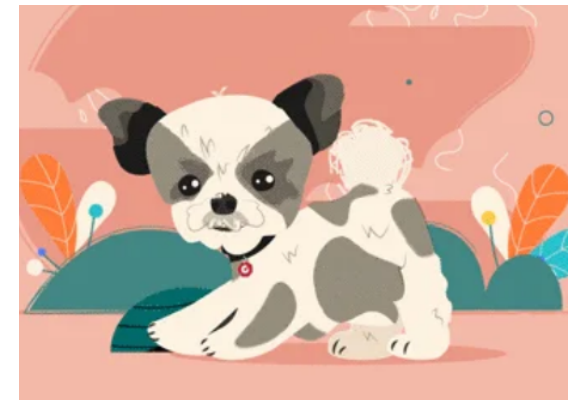


[www.Gizmo4MentalHealth.org/gizmo988](http://www.Gizmo4MentalHealth.org/gizmo988)

# GIZMO'S PAWESOME GUIDE TO



988  
FOR  
KIDS



# Mental Health



## Mental Health is your Feelings, Thoughts and Actions!

How do you know when your mental health needs attention? You may see changes in how you **usually FEEL, THINK, AND ACT:**

- Eat less or more
- Hard to get to sleep or stay asleep
- Argue more
- Cry easily
- Feel bored with things you like
- Want to be alone a lot
- Act before thinking
- Have less energy
- Feel very nervous/stressed

There are things we can do when we feel sad, mad, or worried like drawing, breathing slowly, taking a walk, or playing.

# Asking For Help!

If doing things on your own when you feel sad, mad or worried doesn't help, it's time to talk to a **Trusted Adult** about your mental health.

A **Trusted Adult** is someone who

- Helps YOU
- Makes YOU feel safe
- Is patient with YOU
- Listens to YOU
- Cares about YOU
- Spends time with YOU



You may know a Trusted Adult in your life like a parent, teacher, or doctor. But, if you don't know a Trusted Adult or can't talk to a Trusted Adult when you want to, **you can call or text 988 to talk to a 988 Trusted Adult!**

# What is 988?

**988 is a safe place to...**

- Connect to a Trusted Adult
- Talk about your feelings, thoughts, and actions
- Ask for help when you are feeling sad, mad, or worried

**Why ask for help from 988 Trusted Adults?**



- If your Trusted Adult is not available
- If you **don't know** a Trusted Adult
- If you want to talk about your **feelings or someone else's feelings**
- If you have a **problem and you don't know what to do next**