

**NYC Department of Health & Mental Hygiene,
Mayor's Office of Community Mental Health
Social Media**

YouTube	Traditional Chinese YouTube
Emotional Help	情緒支援
Learn More	瞭解更多
Emotional Support Starts with 988	情緒支援從 988 開始
• Not all emotional crises need 911 – Start with 988 if you or someone you care about is in distress in NYC • When everything feels overwhelming, learn where 988, 911 and 311 can help.	• 並非所有情緒危機都需要撥打 911——如果您或您關心的人在紐約市遇到困境, 請先撥打 988。 • 當一切感覺不堪重負時, 請瞭解 988、911 和 311 可提供哪些幫助。
Learn when to call 988, 911 or 311 for emotional support, life-threatening emergencies and city services	瞭解何時撥打 988、911 或 311, 以尋求情緒支援、應對危及生命的緊急情況以及獲得市政服務。

Facebook	Traditional Chinese Facebook
Overwhelmed? Anxious? 988!	感覺不堪重負？焦慮不安？988！
Learn about 988, 911, 311	了解 988、911、311
Not all emotional crises need 911 – Start with 988 if you or someone you know is in distress, support is available. Learn when to use 988, 911 or 311	並非所有情緒危機都需要撥打 911——如果您或您關心的人遇到困境，請先撥打 988 尋求支持。瞭解何時使用 988、911 或 311。
Instagram	Traditional Chinese Instagram
Not all emotional crises need 911 – Start with 988 if you or someone you know is in distress, support is available. Learn when to use 988, 911 or 311	並非所有情緒危機都需要撥打 911——如果您或您關心的人遇到困境，請先撥打 988 尋求支持。瞭解何時使用 988、911 或 311。