

**What is 988?**

988 is a quick and easy number to remember for mental health support in Ohio. You can call or text the number, or message online on 988lifeline.org.

**Available 24/7:**

Need help anytime? 988 is here for you around the clock – 24 hours a day, seven days a week.

**Trained Professionals:**

When you call 988, you'll speak with trained experts ready to help with mental health challenges.

**Emergency Assistance:**

Just like 911 for physical emergencies, 988 is there for mental health needs.

**Community Connections:**

988 offers instant support and can link you to local mental health resources in your community if needed.

**Easy Access:**

Reach out to 988 if you need someone to talk to when facing a mental health challenge.

**Remember:**

You're not alone. Help is just a call away. Dial 988 for mental health support.