

Marylanders who need someone to talk to about mental health struggles, emotional distress, or alcohol or drug use concerns, can connect to a local caring counselor through the 9-8-8 Suicide & Crisis Lifeline. Call or text 9-8-8, or [chat online](#) — 24/7.

What does this mean for Marylanders?

When you contact 9-8-8, you are provided with support and information on local resources. You can also get immediate in-person help if needed.

Who can call 9-8-8?

Anyone in need of assistance with thoughts of suicide, stress, depression, anxiety, feelings of loneliness, or drugs or alcohol use. You can call for yourself, a loved one, a neighbor, or coworker.

What can you expect when you call 9-8-8?

Callers will hear a greeting message with the following prompts.

- Press 1 for Veterans and their support network
- Press 2 for Spanish
- Or access [988 ASL Videophone Services](#)

If these prompts do not apply, stay on the line and the call will be quickly routed to the nearest call center.

- A trained crisis counselor will answer the phone, say hello and introduce themselves. The counselor will ask if you are safe.
- Your counselor will listen to you, understand how your issue is affecting you, provide emotional support, and share resources for longer term support as needed
- If you need additional support at that moment, a Mobile Crisis provider may be contacted to come out and provide in-person support.
- Live crisis center phone services are provided in English and Spanish, and Language Line Solutions translation services are available in 240 additional languages.

What can you expect during a chat or text?

- Texts and chats to 9-8-8 are routed to a call center based on your area code.
- You will be asked to complete a brief survey prior to being connected with a counselor. The survey helps counselors understand how to best support you and takes less than 5 minutes to complete.
- Your call center counselor will say hello and introduce themselves and ask if you are safe.
- After they ask about your safety, they will listen to you and provide support. They may also share helpful resources.
- If you need additional support at that moment, a Mobile Crisis provider may be contacted to come out and provide in-person support.