



988 | SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline offers skilled, compassionate help for mental health and substance use problems for anyone at any time.



Text 988



Call 988



Chat 988lifeline.org

WHAT IS 988

- A simple, convenient three-digit number
- An immediate resource available 24/7
- A network of more than 200 local crisis contact centers that can handle thousands of contacts each day

988 is a key part of a broader vision for reimagined crisis care in the United States that is built through federal, state, tribal, local, and community partnerships. The vision is that everyone has: **Someone to contact. Someone to respond. A safe place for help.**

WHAT TO EXPECT WHEN CONTACTING 988

- You'll be given some options to select the service that meets your needs
- Your counselor will ask some questions to first make sure you are safe
- You'll get one-on-one, judgment-free support

REAL 988 FEEDBACK

“Last night I was not well. My support system was not available and **this service brought me around and helped me get through what I thought was the end.** This was the first time I had the courage to call and **the counselor was kind, calm, and patient.** Thank you from the bottom of my heart.”

“In a moment of supreme vulnerability and when I felt like I had no one else, I called 988 and was proven so wrong. The man I spoke with was **absolutely amazing, supportive, comforting, trustworthy and helped me so much.** It means so much to have a stranger care and listen when you feel like there is no one around.”