



Call. Text. Chat. 988 is here for you—

Anytime, anywhere.

The 988 Suicide & Crisis Lifeline (988 Lifeline) provides judgment-free, compassionate support for anyone experiencing:

- Emotional distress
- Mental health challenges
- Problems with substance use
- Loneliness
- Thoughts of suicide or self-harm

You'll be connected with a caring, skilled 988 counselor who can provide culturally-competent support.

WHY 988 MATTERS

The 988 Lifeline connects people to 988 counselors across a network of more than 200 local crisis contact centers, offering support rooted in local communities.

WHEN YOU CONTACT 988, YOU RECEIVE:

- Support from someone who cares
- Help creating a plan to stay safe
- Information about local resources and options for follow-up

 **Call or**  **Text 988, or Chat** [**988lifeline.org**](https://988lifeline.org) 



988 | **SUICIDE & CRISIS
LIFELINE**