



Compassionate Help.
Anytime. Anywhere.

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 planning next steps
- Information about local resources and option for follow-up



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Call or Text **988**, or Chat 988lifeline.org

988 | SUICIDE & CRISIS
LIFELINE