



# 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



**Compassionate Help. Anytime. Anywhere.**

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

**988** | SUICIDE & CRISIS  
**LIFELINE**



**Compassionate Help.  
Anytime. Anywhere.**