

988 Suicide & Crisis Lifeline

Mental Health Support Is a Phone Call Away



Mental health crises can happen at any time. When people are in distress, quick access to support can make a lifechanging difference. The 988 Suicide & Crisis Lifeline is a simple, three-digit number that connects individuals with trained crisis counselors who can offer support, guidance and information about available resources.

Who Can Contact 988?

Anyone can contact the 988 Lifeline. The service is designed for people who may be:

- **Having suicidal ideations** or thoughts
- **Experiencing a mental health crisis**
- **Struggling with substance use** or emotional distress
- **Feeling overwhelmed** and needing someone to talk to

Family members, friends and caregivers can also contact 988.

How Does it Work?

When someone calls, texts, or chats with 988, they are connected with a trained crisis counselor. Counselors listen carefully and provide calm, supportive guidance.

During the conversation, the counselor may:

- **Help the person talk through** what they are experiencing
- **Offer coping strategies** to reduce stress or fear
- **Share information** about local mental health resources

These conversations are free and private, and the service is available 24 hours a day, 7 days a week, all year long.



How Can You Access the 988 Lifeline?



Call 988



Text 988



Chat at
988lifeline.org

Support is available in English and Spanish.



If someone is in immediate danger to themselves or others, or facing a life-threatening emergency, call 911 right away.