



# 988 Crisis Lifeline

In response to the changing mental health climate, the National Suicide Hotline Designation Act designated 988 as the new crisis and suicide hotline. This important step forward makes help available 24/7 to anyone experiencing suicidal thoughts, emotional distress, or a substance use crisis.



- You can call or text 988 anytime day or night and reach a live person.
- If you have access to a computer, a live chat service is available at [www.988lifeline.org/chat](http://www.988lifeline.org/chat)
- Anyone can call 988, whether you are experiencing a crisis yourself or you call on behalf of a loved one.
- 988 connects you with a trained counselor at a local call center who can listen, understand, and provide immediate support.
- A 988-trained counselor can recommend additional local resources for ongoing support.
- Dialing 988 is free and confidential. You do not have to provide any personal information.
- Spanish language service and interpreting services for an additional 250 languages are available.
- Veterans who call 988 can press 1 to be connected to the Veterans Crisis Lifeline.