

## Should I Call the Lifeline 9-8-8?

Whatever challenges you may be facing, you don't have to face them alone. Whether you are experiencing a mental health crisis, having thoughts of suicide, or simply need someone to listen and provide emotional support, **help is available.**

The **9-8-8** Suicide & Crisis Lifeline is a United States-based suicide/crisis prevention network of over 200+ crisis centers that provides 24/7 service via a toll-free hotline with the numbers **9-8-8**. It is available to anyone in suicidal crisis or emotional distress. When you call, text, or chat **9-8-8**, you will be connected to trained counselors that are part of the existing Lifeline Network. These trained counselors will listen, provide support and connect you with resources, if necessary. **Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a counselor.**



### Reasons to call, text or chat 9-8-8:

- |                   |                    |                           |                    |
|-------------------|--------------------|---------------------------|--------------------|
| * Substance abuse | * Economic worries | * Relationship challenges | * Physical abuse   |
| * Depression      | * Mental illness   | * Loneliness              | * Physical illness |

**Talking with someone about your thoughts and feelings can save your life!**