

9888

Suicide and Crisis Lifeline
is **now available!**

As of July 2022, you can now text or call 988 to reach the Suicide and Crisis Lifeline (previously known as the National Suicide Prevention Lifeline). This confidential resource is available 24/7, 365 for those in need.

988 is a resource for anyone experiencing a mental health crisis, suicidal thoughts and ideation, substance abuse, or emotional distress. 988 can also be used to help find support if worried about a loved one.

You are never alone.

www.4teen24.org