

988 Suicide & Crisis Lifeline

988

Text **988**

CHAT WITH LIFELINE

24/7 free, confidential crisis line that connects individuals in crisis with trained counselors across the United States. People do not have to be suicidal to call - reasons to call include: substance abuse, economic worries, relationships, sexual identity, illness, getting over abuse, depression mental and physical illness, and loneliness.

Línea de Prevención del Suicidio y Crisis

1-888-628-9454

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar inglés si usted necesita ayuda.