



# 988 | SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline offers skilled, compassionate help for mental health and substance use problems for anyone at any time.



Text 988



Call 988



Chat 988lifeline.org

## WHAT IS 988

- A simple, convenient three-digit number
- An immediate resource available 24/7
- A network of more than 200 local crisis contact centers that can handle thousands of contacts each day

988 is a key part of a broader vision for reimagined crisis care in the United States that is built through federal, state, tribal, local, and community partnerships. The vision is that everyone has: **Someone to contact. Someone to respond. A safe place for help.**

## WHAT TO EXPECT WHEN CONTACTING 988

- You'll be given some options to select the service that meets your needs
- Your counselor will ask some questions to first make sure you are safe
- You'll get one-on-one, judgment-free support

## REAL 988 FEEDBACK

"Last night I was not well. My support system was not available and **this service brought me around and helped me get through what I thought was the end.** This was the first time I had the courage to call and **the counselor was kind, calm, and patient.** Thank you from the bottom of my heart."

"In a moment of supreme vulnerability and when I felt like I had no one else, I called 988 and was proven so wrong. The man I spoke with was **absolutely amazing, supportive, comforting, trustworthy and helped me so much.** It means so much to have a stranger care and listen when you feel like there is no one around."

## FREQUENTLY ASKED QUESTIONS

### Is 988 only for suicide-related crises?

No. In addition to thoughts or feelings of suicide, 988 responds 24/7 to calls, chats, or texts from anyone who needs support for mental health, suicide, and/or substance use problems. Other reasons include emotional distress, anxiety, depression, mental illness, loneliness, trauma, bullying, stress, relationship troubles, and just needing someone to talk with.

### If I contact 988, will police or emergency services show up?

988 counselors work to keep you safe and provide support in the least restrictive manner possible. For most people, a counselor is able to work with you on the call, text, or chat to de-escalate your situation. If there is an immediate physical safety threat, the 988 counselor will contact 911 to help.

### Can I call 988 for or about someone else?

Yes, 988 crisis counselors provide caring support and resources for family, friends, caregivers, and advocates who reach out about another person they are concerned about.

### Does contacting 988 really help?

Yes, numerous studies have shown that most people who contact 988 are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to a 988 crisis counselor.



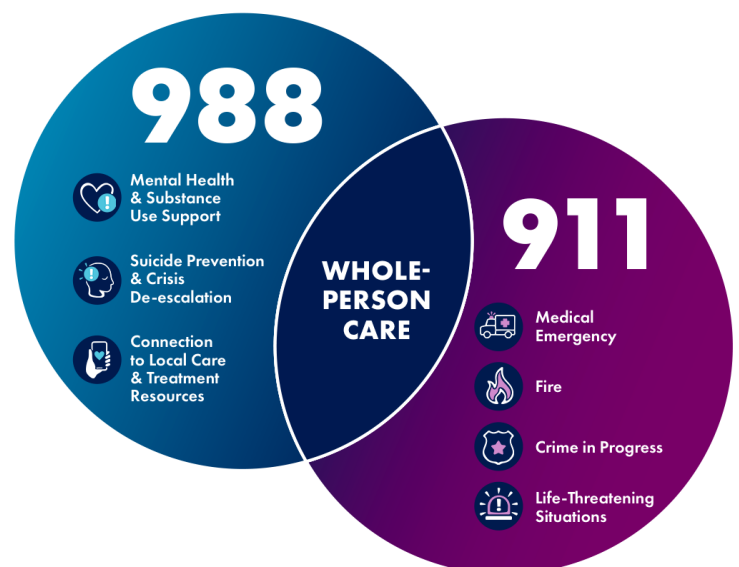
**DISCOVER MORE  
988 FAQs**

## YOU HAVE OPTIONS

- **To reach a crisis counselor:**  
Call 988 and **press 0** to bypass the menu options
- **To reach the Veterans Crisis Line:**  
Call 988 and **press 1**
- **To reach Spanish-speaking counselors:**  
Call 988 and **press 2**, text **"AYUDA"** to 988, or chat [linea988.org](https://linea988.org)
- **To reach a counselor in ASL:**  
**Videophone (VP)** or text **988**, or chat [988Lifeline.org](https://988Lifeline.org)

## 988 & 911

### KNOW WHICH NUMBER TO USE TO GET THE RIGHT SUPPORT



## No Judgment. Just Help.

When you call, text, or chat 988 a skilled, caring counselor will listen to you and talk through your situation — no matter what you're going through.

Email 988 questions to:

**[988Team@  
samhsa.hhs.gov](mailto:988Team@samhsa.hhs.gov)**