

WHEN SHOULD I USE 988?

Don't wait until it becomes a crisis.

Reasons people might reach out:

- Thoughts of suicide
- Emotional distress
- Substance use
- Worried about someone else
- Trauma
- General anxiety or depression
- Feeling lonely
- Feeling hopeless
- Relationship or family problems
- Distress around LGBTQ+ concerns
- Financial or job stress
- Trouble thinking clearly



"I'M
OVERWHELMED."

"I NEED TO
TALK."

"I DON'T FEEL
LIKE MYSELF."

MORE THAN A NUMBER...

You can call, text, or chat 988 whenever you need it.

988 offers 24/7 rapid access to support through connection with trained crisis specialists.
988 is **FREE AND CONFIDENTIAL**.



**CALL 988 AND
STAY ON THE LINE**
to speak to a 988
crisis specialist



PRESS 1

to be connected to the
Veterans Crisis Line

PRESS 2

to speak to a
Spanish-Speaking crisis specialist

PRESS 0

to bypass recorded options and directly
connect to a crisis specialist



Missouri Department of
MENTAL HEALTH

988
**SUICIDE
& CRISIS
LIFELINE
MISSOURI**

FREQUENTLY ASKED QUESTIONS

DID YOU KNOW?

You can reach out to 988 if you are worried about someone else. Call, text, or chat 988 if someone you know is:

- Suicidal
- Experiencing a mental health or substance use crisis
- Experiencing any kind of emotional distress

WHAT IS THE DIFFERENCE BETWEEN 988 AND 911?

911 provides access to emergency services, while 988 is intended to offer anytime access to emotional support and connection to mental health and substance use services. When every second counts, call 911. When there's time to talk, reach out to 988.



DOES IT COST MONEY TO USE 988?

988 is a free, confidential service that is available 24/7 anywhere in the U.S.



WHAT HAPPENS WHEN I CONTACT 988?



YOU CALL 988



You will be asked if you need dedicated services for Veterans, in Spanish, or LGBTQ+ specific support. Press 0 to bypass.



YOU TEXT 988



You are routed to a Missouri 988 center.



You will be connected to a local crisis specialist.



The crisis specialist will:

- Listen to your concerns
- Provide emotional support
- Assist with your needs



YOU CHAT 988



Your chat is routed to a Missouri 988 center based on your IP address.



Follow-up services and/or mobile crisis response may be offered.