

It's time to take action if you notice these signs in family or friends

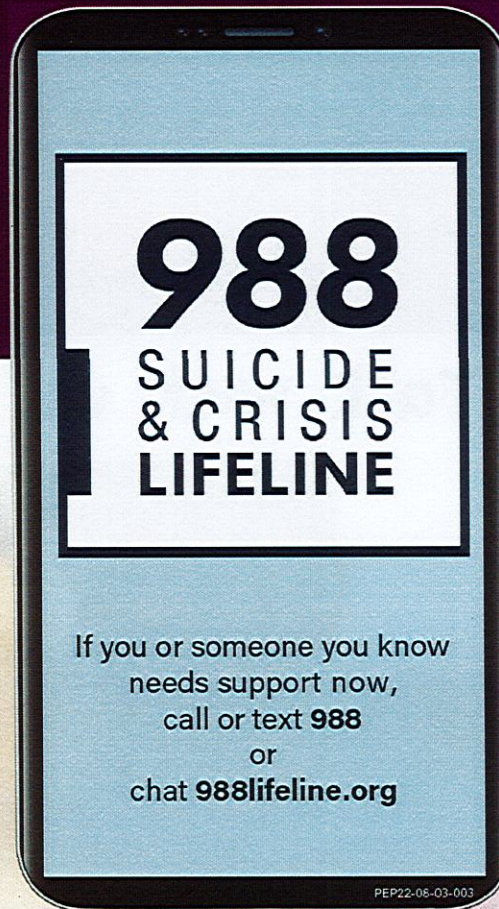
1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:

Withdrawal from or changing social connections/situations

Changes in sleep (increased or decreased)

Anger or hostility that seems out of character or out of context

Recent increased agitation or irritability



What is 988?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

What happens when I call 988?

When calling 988, callers first hear a greeting message while their call is routed to the local Lifeline network crisis center (based on the caller's area code). A trained crisis counselor answers the phone, listens to the caller, understands how their problem is affecting them, provides support, and shares resources if needed. If the local crisis center is unable to take the call, the caller is automatically routed to a national backup crisis center. The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

Does calling the 988 Lifeline really help?

Yes, the Lifeline works. Numerous studies have shown that most Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to a Lifeline crisis counselor.

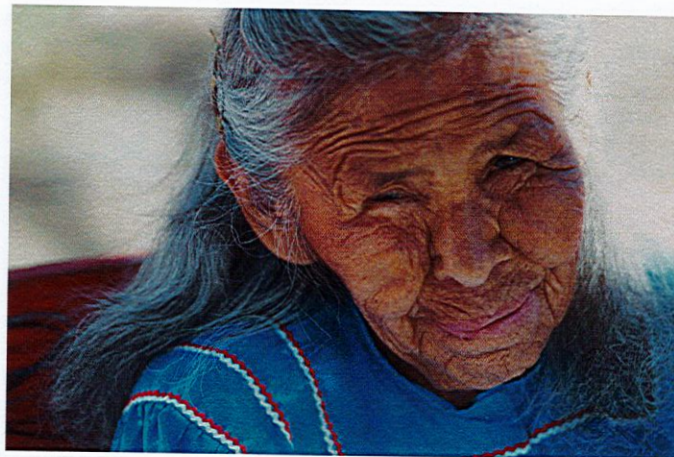
Almost 98% of people who call, chat or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline crisis counselors are trained to help reduce the intensity of a situation for the person seeking help, and connect them to additional local resources, as needed, to support their wellbeing.

**Call or text
when having:**

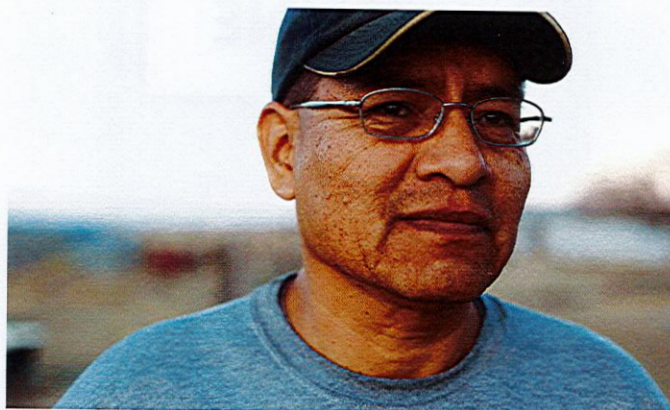
Thoughts of suicide

Mental health crisis

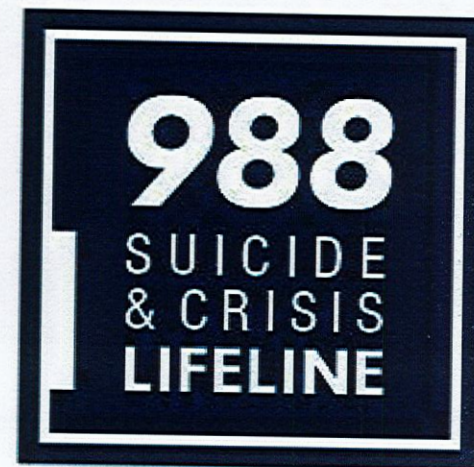
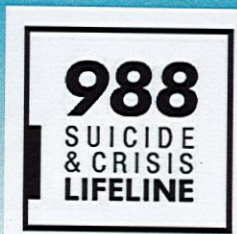
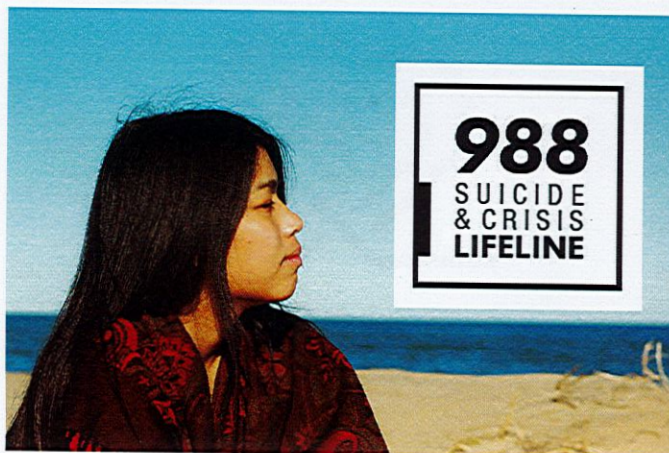
Substance use crisis



Talk with us



There is hope



**For you or someone
you know**

**24/7
Crisis &
Support**