

988 Suicide & Crisis LIFELINE



Why is 10 - Digit dialing now mandatory?

Starting July 16, 2022 you can Call or Text 988 for

988 National Suicide Prevention Lifeline

Accepts calls and texts from anyone who needs support for a suicidal, mental health and/or substance abuse crisis.

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides connection to free, confidential support.

There is HOPE. The Lifeline WORKS.

For 24/7 confidential support, just call, text, or chat 988.