



STOP THE STIGMA. START THE CONVERSATION.

Mental health conditions are common – they are real and they need care. As with any other serious health situation, you are not alone: Talking about it is the first step to taking back your health – and your life.



Call, text or chat 988 for 24/7 confidential, immediate support.



Amenity
HEALTH

[insert organization website]

WHAT IS 988?

- 988 is the three-digit dialing code that routes callers to the National Suicide Prevention Lifeline; it was implemented across the United States in July 2022
- Although 1-800-273-8255 will still connect callers to the National Suicide Prevention Lifeline, 988 is much easier to remember
- 988 provides free and confidential support for people in distress, while also providing prevention and crisis resources – it is available 24/7

HOW DOES 988 WORK?

988 is a national network of local crisis centers where people in need can receive support. When you contact 988, you are routed to a local crisis center where a trained counselor will respond via a phone call, text or online chat; if your local crisis center is unable to respond, your call is automatically routed to a national backup center.

FOR MORE INFORMATION, VISIT [988LIFELINE.ORG](https://988lifeline.org)