



988

SUICIDE  
& CRISIS  
LIFELINE

Available nationwide  
at no cost

*Easier access.*



Dial 988 to access life-saving services for anyone experiencing or witnessing a mental health crisis.

*Urgent realities.*



Too many Americans are experiencing suicide, mental health crises, and substance use crises without the support and care they need.

*There is hope.*



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

