

988 Suicide & Crisis Lifeline

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Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Substance use crisis. Thoughts of Suicide.

The 988 Suicide & Crisis Lifeline is here for you.

- **Text 988**
- **Call 988 Chat**
- **988lifeline.org**

Supporting Documents

988 Factsheet 702.66 KB