



**If you or someone you know
is struggling or in crisis,
help is available.**

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.

There is hope.



SAMHSA

Substance Abuse and
Mental Health
Services
Administration



Chat

988lifeline.org



Call

988



Text

988