



**988**  
SUICIDE  
& CRISIS  
LIFELINE

**Dial “988” to reach trained crisis counselors who can help in a mental health, substance use or suicide crisis.**



**Scan for more information**

### **What is 988?**

988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline (now the 988 Suicide and Crisis Lifeline) where compassionate, accessible care and support is available for anyone experiencing mental health-related distress — whether that is thoughts of suicide, mental health or substance use 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.

The goal of the 988 Suicide and Crisis Lifeline is to provide immediate crisis intervention and support. When someone calls 988, a trained crisis counselor will answer the phone, listen to the caller, understand how their problem is affecting them, provide support and share resources, as needed. Crisis counselors are trained to help in a variety of crisis situations, and no caller is required to disclose any personal information.

### **How is 988 different from 911?**

**988 was established to improve access to crisis services** in a way that meets our country’s growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).



*Urgent realities.*



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

*There is hope.*



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

*Easier access.*



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.