



## A NEW CALLING CODE FOR MENTAL HEALTH EMERGENCIES

In 2020, Congress designated **988** as the new **free**, **24/7** and **confidential** calling code for the Suicide & Crisis Lifeline.

### CONNECT



Call or text 988 or chat on [988lifeline.org](https://988lifeline.org)

### GET HELP



Be connected to a trained crisis counselor

### FIND HOPE



Find the help and hope you need

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, call 988 for compassionate support. **There is HOPE. You are not alone. Just call, text or chat 988.**



For more information, visit [988lifeline.org](https://988lifeline.org) →