



# Find. Hope. Here.

## 988 is here to help.

When life gets tough, sometimes it can feel like there is no way out. But things can get better.

And we can help.



Available  
24 hours a day



Calls are answered  
immediately



Free and  
confidential



Staffed by mental  
health specialists



Safe and  
supportive care

Call or text 988 whenever you need emergency emotional support. You can also call your local crisis helpline or the National Suicide Prevention Line at 1-800-273-8255 – those numbers still work.

