



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



Free and
confidential



Calls are answered
immediately



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.

