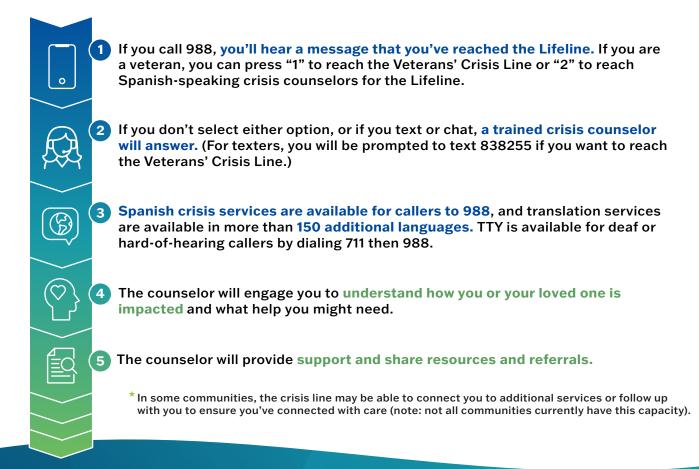
WHAT IS 988?

988 is the new nationwide three-digit number now available for suicide and mental health crisis, available to everyone in the U.S.

This easy-to-remember number will route callers to the 988 Suicide and Crisis Lifeline network, where compassionate, accessible care and support are available for anyone experiencing a mental health-related emergency – whether that is thoughts of suicide, a 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.

What to expect when you contact 988

The goal of the 988 Lifeline is to provide free, 24/7, confidential, immediate crisis intervention and support. Here's how it works:



Additional resources

There are additional resources if you are not experiencing a crisis, but seeking information, referrals and support:



NAMI HelpLine (1-800-950-6264) is a free peer-support service providing information, resource referrals and support for people living with a mental health condition, their family members and caregivers, mental health providers and the public. While the NAMI Helpline allows you to speak with a peer who can connect you to NAMI resources, it is **not a hotline, crisis line, or a suicide prevention line.** It is available M-F from 10 A.M. to 10 P.M. ET.



Learn more by visiting ReimagineCrisis.org