

9-8-8 Lifeline for Crisis Support

9-8-8 offers 24/7 access to highly trained crisis counselors who will assess your needs and provide immediate crisis support.

People can **call, or text 988, or chat 988lifeline.org**, to connect you to trained crisis counselors should you or someone you know be experiencing:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress

No matter where you live in the United States, you can reach a trained crisis counselor who can help.

This three-digit number was formerly known as the National Suicide Prevention Lifeline and was built off the existing lifeline (1-800-273-8255). Both numbers will be able to connect you to the same exact services and will remain in effect.

How does 9-8-8 work?

When you dial 9-8-8, you're connected to an automated system that asks you to press 1 for Veteran Crisis Line, press 2 for crisis services in Spanish or stay on the line to be connected to a local crisis center for English speakers. If no number is pressed you automatically go to the local crisis center based on your area code. If no local crisis center line is available, the call goes to a backup center which could be located in another part of the country.

No matter what, you will always be connected to a trained crisis counselor.