

When You Need to Talk:

How 988 Can Support You or Someone You Care About



Feeling overwhelmed? Worried about a friend? Just need someone to talk to? You can call, text, or chat* **988** — the Suicide & Crisis Lifeline — 24 hours a day, 7 days a week. It's free, confidential, and always judgment-free.

People call 988 for lots of reasons, and you don't have to be in a crisis.

You can call or text if:

- You're feeling stuck or hopeless
- You're thinking about suicide, even a little
- You're trying to help a loved one who's struggling
- You're feeling angry, overwhelmed, or alone
- You just need someone to talk to

No issue is too big or too small.

You don't have to wait until things are "bad enough." You can talk things out before they get worse. Whether you're facing a major crisis or just need someone to help carry the weight of your day, support is always available. You can also call on behalf of a friend you're worried about — whether they're sitting next to you or in a different town.

You can reach out even if:

- You don't know how to describe what you're feeling
- You're just tired of pretending you're okay
- You're not sure where else to turn

Support looks different for everyone — and it's okay to find what works for you.

*Find options to call, text, chat, or videophone at 988lifeline.org

**Take
Action**
FOR MENTAL HEALTH

988 is here for you.

Calling, texting, or chatting* 988 connects you to a trained professional — 24 hours a day, 7 days a week. It's free, confidential, and available to anyone in emotional pain or supporting someone who is. Here's what to expect when you reach out:

You'll hear a short recording first.

- You'll get a few quick options—like 1 for Veterans, 2 for Spanish, or 3 for 2SLGBTQIA+ support. Then you'll be connected to someone who's ready to talk, based in or near your phone's area code.
- They'll ask how they can help.

You might be asked:

- Your first name (you don't have to share)
- Your age and zip code (to connect you with local help if needed)
- If you're having thoughts of suicide

You can share as much or as little as you're comfortable with. 988 has no law enforcement involvement unless there's a serious risk to someone's life, and your location isn't tracked.

What happens next depends on what you need.

- If you're in crisis, they'll listen with care and help you create a plan to keep you safe.
- If you're not in crisis, they're still here to talk, and may refer you to a warm line or other support.
- If you're calling for someone else, they'll help you figure out how to support them.
- After calling 988, most people feel less depressed and less overwhelmed.

It's okay to feel nervous. Remember, you're not alone — and you deserve support.

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