

inspired

[to make healthy choices]

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988 Suicide &
Crisis Lifeline

There is hope.



We can all help prevent suicide.

The **988 Suicide & Crisis Lifeline** is a national network of local crisis centers that provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988 is available to help if you are experiencing:

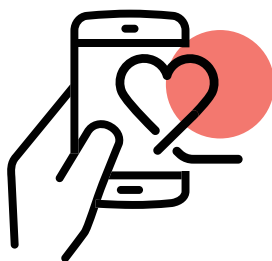
Thoughts of suicide

Mental health or
substance use crisis

Any other kind of
emotional distress

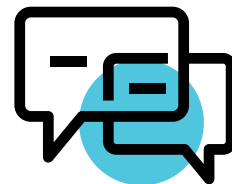
Connect

Call or text **988** or chat at **988Lifeline.org**. The Lifeline accepts calls from anyone.



Get Help

Connect to a trained crisis counselor. They will listen to you and understand how your problem is affecting you.



Find Hope

Find the help and hope you need. Receive support and any resources that may be helpful.



To learn more about 988 or to get help,
please visit **988Lifeline.org**.



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