



988

SUICIDE
& CRISIS
LIFELINE

Available nationwide
at no cost

Easier access.



Dial 988 to access life-saving services for anyone experiencing or witnessing a mental health crisis.

Urgent realities.



Too many Americans are experiencing suicide, mental health crises, and substance use crises without the support and care they need.

There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

