The new 988 Suicide & Crisis Lifeline was introduced on July 16, 2022.

Call or text 988 to connect with trained crisis counselors who can help people experiencing a suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

Anyone worried about a loved one who may need crisis support can also call or text 988 for help.

This new three-digit number 988 is easier to remember and quickly connects people who are suicidal or in any mental health crisis to a trained mental health professional.

Visit the SAMHSA (Substance Abuse and Mental Health Services Administration) website for more information – www.SAMHSA.gov/find-help/988.