

988 | SUICIDE & CRISIS LIFELINE

“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide & Crisis Lifeline.

Many people face individual crises related to mental health struggles, emotional distress, or substance misuse without the support and care they need, creating urgent mental health challenges across our country. As a result, suicide has unfortunately become a leading cause of death in many age groups in recent years.

Because of the 988 Suicide & Crisis Lifeline, there is hope. Previously known as the National Suicide Prevention Lifeline—the 988 Suicide & Crisis Lifeline is a **national network of more than 200 crisis centers** that combines local care resources and best practices to help thousands of people overcome crisis situations every day. These centers are supported by local and state resources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). The 988 Suicide & Crisis Lifeline also serves as the access point for the Veterans Crisis Line, which is administered by the Department of Veterans Affairs.

The 988 Suicide & Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or behavioral health-related distress.

- **Nationwide Number:** 988 is more than just an easy-to-remember number—it’s a direct connection to compassionate, accessible care and support for *anyone* experiencing behavioral health-related distress—whether thoughts of suicide, a substance use crisis, or any other kind of emotional distress.
- **Provides Support:** People can call or text 988 or chat at 988lifeline.org/chat for themselves or a loved one who may need crisis support.
- **FCC Rules:** Under FCC rules, calls and texts to 988 are directed to the 988 Suicide & Crisis Lifeline. In addition, calls and texts to a preexisting number, 1-800-273-8255 (TALK), will continue to connect to the 988 Lifeline.
- **Saving Lives:** The FCC’s actions reflect its commitment to connecting individuals to life-saving resources and intervention services. Using the easy-to-remember three-digit number, 988, makes it easier for individuals in crisis to access the help they need and decrease the stigma surrounding suicide, substance misuse, and mental health issues.
- **Important Step:** The 988 Suicide & Crisis Lifeline is an important step toward strengthening and transforming crisis care throughout the U.S. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.
- **Help for Veterans:** For calls, pressing “1” after dialing 988 will connect you directly to the Veterans Crisis Lifeline, which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, continue to text the Veterans Crisis Lifeline short code: 838255.
- **Services in Spanish:** 988 Lifeline voice, text, and chat options are offered in Spanish. To call a Spanish-speaking crisis counselor, dial 988 and then press “2.” To text with a Spanish-speaking crisis counselor, text “AYUDA” to 988. To chat with a Spanish-speaking crisis counselor, visit <https://988lifeline.org/es/chat/>.
- **American Sign Language:** People who use American Sign Language can contact 988 directly via videophones.

