

About the 988 Suicide & Crisis Lifeline

If you or someone you know is experiencing emotional distress or thinking about suicide, help is available.

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provide free and confidential emotional support to people in crisis.

Get in touch. Call or text 988. Chat at 988lifeline.org.

Trained crisis counselors are available 24/7/365.