



988 Suicide and Crisis Lifeline

Call, Text, or Chat



Free 24/7
Confidential Support



Veterans press 1
Spanish speakers press 2
LGBTQI+ press 3
All other callers press 0



Studies show that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a 988 Lifeline crisis counselor.



The previous 988 Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

 **Urgent Team**

Family of Urgent Care & Walk-in Centers