

SUICIDE & CRISIS LIFELINE

988

Call, Text, or Chat

HOPE IS THREE DIGITS AWAY



What Is 988?

988 is the Suicide & Crisis Lifeline. It's free, confidential, and available **24/7/365**. 988 connects people experiencing a mental health, substance use, or suicidal crisis with trained counselors.

When Should I Call 988?

You may call or text 988 or chat 988lifeline.org for yourself or if you are worried about a loved one who may need crisis support.

There is no reason too big or too small to reach out to 988. There are many reasons you may connect with 988 beyond thoughts of suicide. Some examples include:

- Mental health
- Substance use challenges
- Emotional distress, anxiety, or depression
- Relationship troubles
- Loneliness

Interpreter services are available in more than 240 languages.

What to Expect



What happens when I call 988?

A brief greeting will play, followed by a menu of options. This helps connect you with the right kind of support. If you don't make a selection, you'll still be connected to a trained counselor based on your location.



What happens when I text 988?

You'll see a few messages to help match you with the right support, including options for Veterans or Spanish speakers. If you don't choose an option, reply "NEXT" to move forward. You'll answer a few short questions, and the prompts will guide you as you're connected with a counselor.



What happens when I chat 988?

A short survey will appear first. It only takes a few minutes and helps counselors support you. Once you click "Start a chat," you'll see a message letting you know you're being connected. When you connect with a counselor, they'll introduce themselves, ask how you're feeling, and make sure you're safe. They'll listen, offer support, and share resources if you want them.

Why 988?

Healing begins with connection. 988 counselors listen with respect and compassion, offering support that honors your story, your identity, and your community—whenever you need it.

- Native Americans have the highest suicide rates in the United States.¹
- Suicide continues to rise, especially among youth and young adults.²
- Overdose and substance use challenges remain widespread.

¹ Health Disparities in Suicide | Suicide Prevention | CDC

² Suicides Among American Indian or Alaska Native Persons — National Violent Death Reporting System, United States, 2015–2020

California is taking targeted action to address the mental health crisis among young men and boys. Governor Gavin Newsom issued an executive order focused on suicide prevention, behavioral health, and helping young people find purpose through education, family, and work. This statewide effort aims to reduce stigma, strengthen mental health supports, and create pathways for education and employment.

Need Help?

Call, Text, or Chat 988

For judgement free 24/7 support, call or text 988 or chat online.

