

# New 988 dialing code provides easy access to National Suicide Prevention Lifeline

**What:** New 988 Dialing Code

**Who:** For individuals experiencing emotional distress or suicidal thoughts

**When:** Starting July 16, 2022

**Where:** Available nationwide

**Why:** To provide easy access to National Suicide Prevention Lifeline

**How:** Call, text, or chat 988. You will be connected to trained counselors who will listen, provide support, and connect you to resources if necessary.

Learn more:

[tinyurl.com/262d3b9d](https://tinyurl.com/262d3b9d)

