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“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. 988 is more than just an easy-to-remember number — it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health–related distress.

There are urgent mental health realities driving the need for crisis services across our country. Too many people experience mental health crises without the support and care they need. In 2020, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The new 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

988 is more than just an easy-to-remember number — it’s a direct connection to compassionate, accessible care and support for anyone experiencing a mental health related crisis – whether suicide ideation, mental health, substance use disorder, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The 988 Suicide and Crisis Lifeline is an important step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.

Source: SAMSHA (Substance Abuse Mental Health Services Administration)