



# Find. Hope. Here

## 988 is here to help

When life gets tough, sometimes it can feel like there is no way out. But things can get better.

And we can help.



Available  
24 hours a day



Free and  
confidential



Calls are answered  
immediately



Staffed by mental  
health specialists



Safe and  
supportive care

Getting emergency emotional support is now easier than ever. Starting July 16, you can still call your local crisis helpline or the National Suicide Prevention Line at 1-800-273-8255 — or simply call 988.





# Find. Hope. Here

## 988 is here to help

When life gets tough, sometimes it can feel like there is no way out. But things can get better.

And we can help.



Available  
24 hours a day



Free and  
confidential



Calls are answered  
immediately



Staffed by mental  
health specialists



Safe and  
supportive care

Getting emergency emotional support is now easier than ever. Starting July 16, you can still call your local crisis helpline or the National Suicide Prevention Line at 1-800-273-8255 — or simply call 988.

