

# 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



## Call Service Has Been Resumed

Following a nationwide network outage at Intrado, call service has resumed to the 988 Suicide & Crisis Lifeline. If you're in crisis and need support, please call or text 988 or chat with us at 988lifeline.org/chat. Veterans can call 988 and press 1.

[LEARN MORE](#)

### SPECIAL ANNOUNCEMENT



The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

[ABOUT THE LIFELINE](#)

## Anyone could be struggling with suicide. Find more specific resources below.

<b>A CURRENT EVENT: The Lifeline and 988</b>	<b>A CURRENT EVENT: Coping During Community Unrest</b>	<b>A CURRENT EVENT: Emotional Wellbeing During COVID-19</b>	<b>Individuals with Neurodivergence</b>
<b>Black Mental Health</b>	<b>Maternal Mental Health</b>	<b>Youth</b>	<b>Disaster Survivors</b>
<b>Native Americans and Alaskan Natives</b>	<b>Veterans</b>	<b>Loss Survivors</b>	<b>LGBTQ+</b>
<b>Attempt Survivors</b>	<b>Deaf, Hard of Hearing, Hearing Loss</b>	<b>Ayuda En Español</b>	



We understand that every struggle is different. Experience the stories of people like you, and how they overcame crisis to find hope and recovery.

[READ STORIES OF HOPE & RECOVERY](#)

## What Happens When You Call The Lifeline?

### Everyone Plays A Role In Suicide Prevention

#### GET HELP NOW

Get resources for yourself or be the difference for a loved one by offering support and understanding.

#### HELP YOUR LOCAL CENTER

Lifeline centers range across the U.S. and rely on state and local funding to operate. Find out how you can help.

#### JOIN THE NETWORK

Local crisis centers can support the fight against suicide by joining the Lifeline's national network.

#### PROMOTE THE LIFELINE

Spread the word about the Lifeline's free, confidential, 24/7 services and raise awareness for suicide prevention.

### 988 Suicide & Crisis Lifeline



[CHAT WITH LIFELINE](#)

### Have A Question?

See if we've answered it on our FAQ page!

[FREQUENTLY ASKED QUESTIONS](#)