



New 988 Mental Health and Suicide Emergency Phone line is up and running in the US.

About 988

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org) for themselves, or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

Need for 988

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. Some statistics:

- In 2020 alone, the U.S. had one death by suicide about every 11 minutes.
- For people aged 10 – 34 years, suicide is a leading cause of death.
- From April 2020 to 2021, over 100,000 individuals died from drug overdoses.

There is Hope + Help. The **988 Lifeline** helps thousands of struggling people overcome suicidal crisis or mental-health related distress every day.

If you or someone you know is struggling or in crisis, help is available. Call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org).

Adapted from a message from:



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