



What is 988 and How is it Different from Other Three-Digit Hotlines?

988 Connects the public to crisis counselors who are part of the National Suicide Prevention Lifeline network. It was made available across the country on July 16, 2022

When should I call 988?

Call or text 988 when you'd like emotional support, are thinking about suicide, or are worried about a friend or loved one.

People call to talk about lots of things: substance use, depression, emotional distress, anxiety, stress caused by financial worries, relationships, sexual identity, abuse, mental and physical illness, and loneliness, to name a few.

What happens when I contact 988?

Crisis counselors will listen to you, provide support, and connect you to resources if necessary.

- Spanish-speaking counselors
- Translations and interpretation services
- Services for veterans

How is it different from 911?

911 connects the public to emergency services. If you need an ambulance, police, fire, or another emergency response, this is the number to dial.

How is it different from 211?

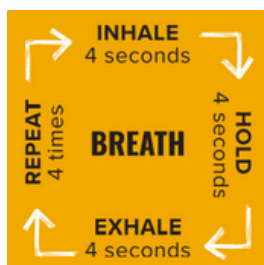
211 is the non-emergency number for finding community resources, such as food banks and shelters.

Coping Tips

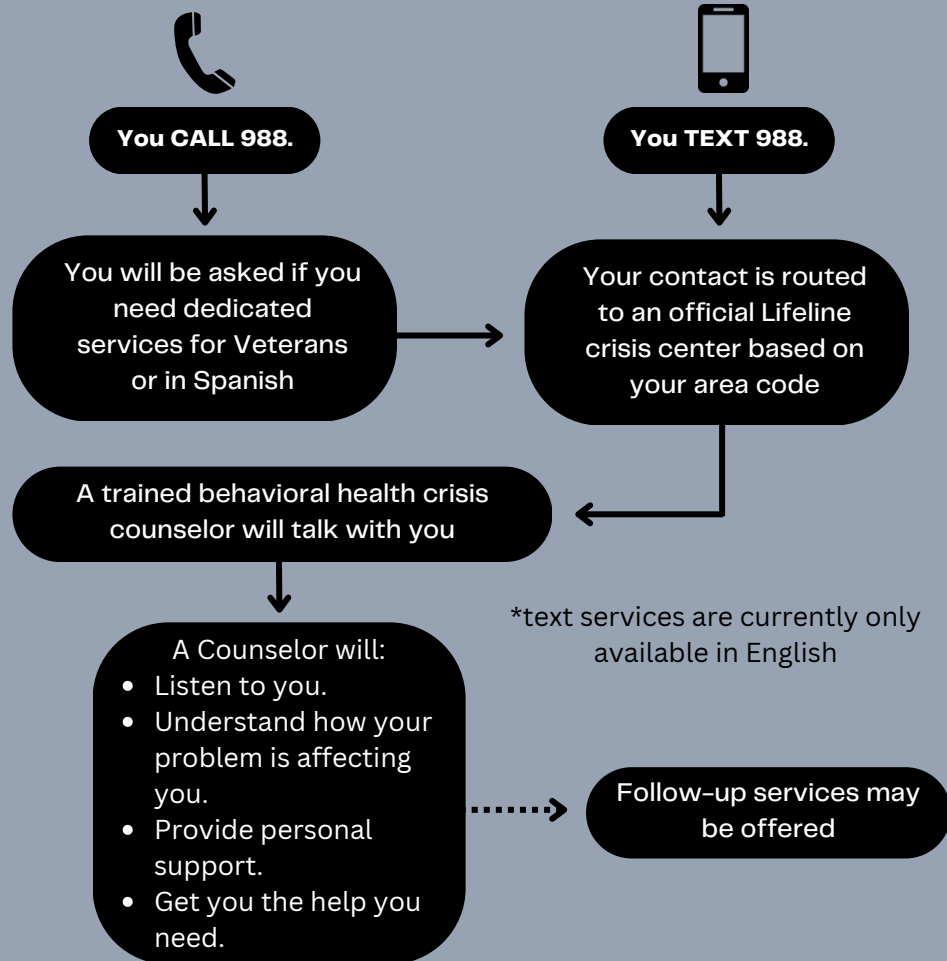
When you have coping strategies in your toolbox, they can help you work through everyday struggles. Below is an example of a healthy coping tip for you to use and share with others.

Just Breathe

How you breathe and use your breath can be a tool to reduce stress and anxiety. Try the Four Square Method shown to the right.



What Happens When I Contact 988?



Action Corner

How do YOU play a role? Learn how you can take action and be involved in the roll-out of 988.

Start the conversation about 988

Begin talking to people about 988! Here are some ways to start the conversation:

- Share this flyer with other people.
- If you are a provider, start talking to those you work with about 988.
- Update your office's mental health resources with 988; replace the National Suicide Prevention Lifeline 10-digit number with 988.