

[988 Suicide and Crisis Lifeline](#)

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The Lifeline and 988

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. 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

[LEARN MORE](#)

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.

- [Individuals with Neurodivergence](#)
- [Black Mental Health](#)
- [Maternal Mental Health](#)
- [Youth](#)
- [Disaster Survivors](#)
- [Native Americans and Alaskan Natives](#)
- [Veterans](#)
- [Loss Survivors](#)
- [LGBTQ+](#)

- [Attempt Survivors](#)
- [Deaf, Hard of Hearing, Hearing Loss](#)
- [Ayuda En Español](#)

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 AND RECOVERY](#)

What Happens When You Call The Lifeline?

1. First, you'll hear an automated message featuring additional options while your call is routed to your local Lifeline network crisis center.
2. We'll play you a little music while we connect you to a skilled, trained crisis worker.
3. A trained crisis worker at your local center will answer the phone.
4. This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

Lifeline Center calls are free and confidential, and we're available 24/7.

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.

Have A Question?

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

[FREQUENTLY ASKED QUESTIONS](#)

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