

988 Suicide and Crisis Lifeline

Age Requirements

No Age Requirement

Available 24/7

Yes

Documents Required

No documentation required

Other Eligibility Criteria

Serves people in emotional distress and their loved ones. Also provides services to professionals.

Family

No

Intake Process

Call, text, or chat through the website. Línea de Prevención del Suicidio y Crisis 1-888-628-9454

Intake Contact Telephone

988

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

988 Suicide and Crisis Lifeline

<https://988lifeline.org>

<https://www.facebook.com/988lifeline/>

<https://twitter.com/988Lifeline>

You Matter <http://youmatterlifeline.tumblr.com/>

Main

988

Phone Emergency

988

TTY/TTD

711

United States

Additional Availability Comments

Lifeline operates every day, 24 hours per day.

Fee Structure

No Fee

Languages Spoken

English

,

Spanish

,

Sign Language

The 988 Suicide and Crisis Lifeline, formerly the National Suicide Prevention 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, seven days a week. The Lifeline is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices and building awareness.

For help 24 hours per day, every day, call 9-8-8. Individuals may also text 988 or [chat online](#) on the website with the Lifeline. The website also offers calming videos.

For Spanish speakers call or text 9-8-8 or [visit the website](#) for information in Spanish.

For Deaf and Hard of Hearing Options, call your preferred relay or 7-1-1, 9-8-8, text 988, or [chat](#) with 988. For more resources, including service in American Sign Language (ASL), Deaf and Hard of Hearing Resources, [visit the website](#).

Service Area(s)

Nationwide