

Crisis Line, With Help Comes Hope

Age Requirements

No Age Requirement

Available 24/7

Yes

Family

No

Intake Process

Call, text, or chat 988 for assistance. Chat at <https://988lifeline.org/chat/> Línea de Prevención del Suicidio y Crisis 1-888-628-9454

Intake Contact Telephone

(988) 000-0000

Provider Refer

Yes

Self Refer

Yes

988 Suicide and Crisis Lifeline

<https://988lifeline.org>

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

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

Main

988

Phone Emergency

988

United States

Fee Structure

No Fee

Languages Spoken

English

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Spanish

The 988 Suicide and Crisis Lifeline, formerly the National Suicide Prevention Lifeline, offers support for persons living with suicidal thoughts and suicide attempts. With Help Comes Hope offers help to individuals dealing with problems of substance abuse, mental health, thoughts of suicide, economic worries, relationship problems, sexual orientation; depression and more. By calling, texting or [chatting](#) to 988, you can talk to a trained counselor at a crisis center in your area anytime, 24/7.

Calls are confidential and free.

Service Area(s)

Nationwide