Mental Health Hotline 988 Service Nationwide

Help is now only three digits away.

988, the new mini-dialing code that connects callers to the National Suicide Prevention Lifeline is now in effect nationwide.

People can call or text to be connected to counselors who are part of the National Suicide Prevention Lifeline network. Trained professionals can listen, provide resources or help anyone struggling with mental health, substance abuse or suicidal ideation or intent – an alternative to 911 for those facing an immediate crisis.

With the rollout of this service, there will be much less delay time when people are in crisis and minutes matter. It really could save lives.

The service is free, confidential, and available 24/7.