

988 Suicide & Crisis Lifeline

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.

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Anyone could be struggling with suicide. Find more specific resources below.

INDIVIDUALS WITH NEURODIVERGENCE



READ STORIES OF HOPE & RECOVERY

What Happens When You Call The Lifeline?



Everyone Plays A Role In Suicide Prevention

Here are some helpful links:

[JOIN THE NETWORK](#)

[PROMOTE THE LIFELINE](#)

[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.

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[CHAT WITH LIFELINE](#)

Have A Question?

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

[FREQUENTLY ASKED QUESTIONS](#)





FAQ

CONTACT US

DONATE

MEDIA RESOURCES



Ayuda En Español | Info For Deaf & Hard of Hearing



THE 988 SUICIDE & CRISIS LIFELINE (FORMERLY KNOWN AS THE NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK) 988LIFELINE.ORG is a registered service mark of the Substance Abuse and Mental Health Services Administration. The 988 Suicide & Crisis Lifeline is administered by Vibrant Emotional Health.

