



988 SUICIDE & CRISIS LIFELINE



Suicide & Crisis Lifeline

If you or someone you know is in crisis, call or text the lifeline below:

988 SUICIDE & CRISIS
LIFELINE

988 LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS

The 988 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.

988
SUICIDE
& CRISIS
LIFELINE

