

## Should I Call the Lifeline?

No matter what problems you're dealing with, whether or not you're thinking about suicide or in a crisis where you need someone to lean on for emotional support, **call the Lifeline.**

The **988** Suicide & Crisis Lifeline is a United States-based suicide/crisis prevention network of over 200+ crisis centers that provides 24/7 service via a toll-free hotline with the number **9-8-8**. It is available to anyone in suicidal crisis or emotional distress. When people call, text, or chat **988**, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, provide support and connect them to resources if necessary.

**Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.**



People call to talk about lots of things such as: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness.

**Talking with someone about your thoughts and feelings can save your life.**