



988 – The New Number for Mental Health Crisis, Nationwide

Free Support by Phone, Text, or Chat

In a mental health crisis, there are more options than making a phone call – with 988, anyone can reach out via text or chat, 24/7. Don't wait to get help.

Call or text 988, or chat online at www.988lifeline.org/chat

When to Contact 988

Sometimes feelings of stress, anxiety, anger, sadness, or despair become overwhelming. If you are struggling and need support, contact us anytime.

We're here 24/7 for anyone who needs support around their mental health, substance use, or thoughts of suicide.

How Does 988 Work?

988 routes contacts across the nation to the Lifeline network, including Lines for Life and Northwest Human Services. The Lifeline is a network of over 200 call centers throughout the United States that helps over 2.2 million people in crisis every year.

Lines for Life and Northwest Human Services are the home of 988 in Oregon, fielding most calls and texts from Oregon area codes.

What Happens When I Reach Out?

When you contact 988, we...

- Listen without judgement
- Help you get through this moment
- Share resources as needed

When you contact 988, you talk with a kind and compassionate, highly trained crisis counselor. No matter what's happening in your day, we listen and provide support. When in-person support or intervention is needed, counselors work with the caller to dispatch a mobile crisis team or first responder.

For more information, visit www.linesforlife.org/988-info



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SUICIDE
& CRISIS
LIFELINE