

Contact

988

Suicide & Crisis **LIFELINE**



## Easier Access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

## More Than a Number.



**988** is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat **988** you are connected to trained counselors that are a part of the National Suicide Prevention Lifeline network.

## When to Call.



Contact **988** if you are:

- Suicidal
- Experiencing a mental health or substance use-related crisis
- Experiencing any kind of emotional distress
- Worried about someone in distress

## There is Hope.



Remember, **YOU ARE NOT ALONE**. There are resources and support available to you and/or your loved ones. **988** provides 24/7, free and confidential support to people in suicidal crisis or emotional distress works.

## Learn More.



*In addition to **988**, you can still dial the local 24-hour Crisis Services Hotline at **716-834-3131** and the National Lifeline at **1-800-273-TALK(8255)** for support.*

