

Suicide Prevention Lifeline and Other Resources



As of July 16, 2022, people can call, text or chat with the 988 Lifeline and are connected with a trained counselor. The counselor is trained to provide free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress. This service is available 25 hours a day, seven days a week, across the United States. **The previous 988 Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.**



Other Helpful Resources:

- 1) [NIMH » Home \(nih.gov\)](https://www.nih.gov)
 - a. National Institute of Mental Health
- 2) [Mental Health | CDC](https://www.cdc.gov/mentalhealth/)
 - a. Centers for Disease Control and Prevention
- 3) [How to Talk About Mental Health | SAMHSA](https://www.samhsa.gov)
- 4) [SAMHSA - Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov)
- 5) [Suicide Prevention Resource Center \(sprc.org\)](https://www.sprc.org)