



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.

Secure, Confidential, & Free

All contacts with the Lifeline from people seeking help are treated as confidential by the Lifeline and Lifeline network centers, and all calls, texts, and chats are entirely free of charge.

We will not share your information or location from calls, texts or chats without documentation of your verbal or written consent, unless there is imminent risk of harm to yourself or someone else.

When you use 988 Chat, we ensure your confidentiality and security through data protection. All of your communications are securely encrypted from your device to ours.

Support for non-English Speakers

The 988 Suicide & Crisis Lifeline has a Spanish Language line at 1-888-628-9454. Additional interpretation services are available for those who speak other languages.

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



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SUICIDE
& CRISIS
LIFELINE