



988: National Crisis Line Support When You Need It

Everyone deserves access to support when they need it—including mental health care. If you or someone you know is facing a mental health crisis, you can now call 988 to reach the National Suicide Prevention Lifeline. This free, 24/7, and confidential service connects you with trained mental health professionals who can offer immediate guidance, compassionate support and helpful resources. Whether you're in crisis or simply need someone to talk to, help is always just a phone call away.

What happens when you call 988:

- You will be directed to your closest crisis center based on your area code.
- Once connected, the trained mental health professional will listen and help address the issue by providing support and resources.
- You will be connected to a backup location if your local center is unavailable.

Lifeline and other hotlines work. Research shows that crisis lines are effective in supporting people experiencing suicidal thoughts or mental health emergencies. In fact, 66% of users reported that the chat feature offered by the National Suicide Prevention Lifeline was helpful and provided meaningful support when they needed it most.

Worrying about your mental health is more common than you might think. That's why support should be just as easy to access. The 988 Lifeline offers a simple, three-digit number to call when you're facing a mental health or substance use crisis. If you're unsure where to turn, dialing 988 connects you to compassionate, confidential help - anytime you may need it.

It's never too early or too late to ask for help. In the U.S., it takes an average of eleven years between the first signs of a mental health condition and receiving a diagnosis. If you're experiencing a mental health crisis for the first time, reaching out now can make a real difference.

Mental health challenges and crises are more common than many realize. That's why help should be available to anyone facing mental health or substance use concerns, regardless of their circumstances. If you or someone you know is struggling, please don't hesitate to call 988 for free, confidential support anytime.

If you are struggling with issues or have had suicidal thoughts, reach out to your BHS Care Coordinator by calling 800-245-1150 to be provided with resources. BHS is available 24 hours a day, 7 days a week.