

# LIFELINE

Call or Text 988 for emergency  
emotional support.

(Chat available at [988lifeline.org](https://988lifeline.org))

## Free and Confidential

People call 988 about a lot of things –

- Thoughts of suicide
  - Relationships
- Economic worries
  - Anxiety
- Sexual identity
- Drinking too much
  - Drug use
- Feeling depressed
- Mental and physical illness
  - Loneliness
  - Trauma
  - Abuse
  - And more

When life gets tough, it can feel overwhelming. But it can get better.  
Whatever problems you are dealing with, 988 is here to help.