

988

Suicide & Crisis Lifeline
Línea de prevención del
suicidio y crisis

Call or text the new dialing code to connect
with the **National Suicide Prevention Lifeline** -
now available nationwide!

988 operators are **trained specifically** in supporting
individuals in periods of **emotional distress**.

Both the old (1-800-273-8255) and new (988)
numbers will connect callers to crisis services.

You are never alone.
Help is free, confidential, and always available.

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