

SUICIDE
AWARENESS &
PREVENTION

The 988
Suicide and Crisis
Lifeline

988

is the designated three-digit dialing code that will route callers to the National Suicide Prevention Lifeline—now known as the 988 Suicide & Crisis Lifeline. When people call or text 988, they will be connected to trained counselors that will listen, provide support, and connect them to resources if necessary.

If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. They, along with your EAP, are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. Reach out to your EAP to learn more or visit [EAP4YOU.com](https://www.EAP4YOU.com)