



988

**SUICIDE
& CRISIS
LIFELINE**

**If you or
someone you
know needs
support now, call
or text 988 or
chat
988lifeline.org**

Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services

Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Help brings hope.

