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 English 

# 988 LIFELINE

## If you need to talk, the 988 Lifeline is here.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

 Call

 Text

 Chat

 Deaf/HoH



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## What to Expect

The 988 Lifeline is available 24/7/365. Your conversations are free and confidential.

[What to Expect →](#)



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Take care of a friend, a loved one, or yourself. Call, text, or chat with a 988 Lifeline counselor for help during difficult moments anytime, day or night.

[Help Someone Else →](#)



## Get in Touch

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

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