



Three digits could save a life

Remember 988 for the Suicide & Crisis Lifeline

About 12.2 million adults seriously think about suicide each year in the United States, and 1.2 million attempt it.¹ Every 11 minutes, someone in the U.S. dies by suicide.¹

If you or someone you care about is having thoughts of suicide or experiencing a mental health or substance use crisis, help is available 24 hours a day. Call or text **988** anytime for caring support from a trained crisis counselor through the 988 Suicide & Crisis Lifeline. Those three digits – **988** – could save someone's life.

Suicide can affect anyone. People of all ages consider or die by suicide, and it's the second-leading cause of death for people ages 10–14 and 25–34.¹ Rates of suicide are higher among veterans, LGBTQ+ individuals, people who live in rural areas, and people who work in jobs like mining and construction.¹

There are signs to watch for. If someone is at risk for suicide, they may:^{2,3}

- Talk about wanting to die or being a burden to others
- Start using more alcohol or drugs
- Sleep more or less than usual
- Withdraw
- Have extreme mood swings or act agitated
- Show rage or behave recklessly

There are ways to protect against suicide. As communities and individuals, we can do some things to help protect against suicidal thoughts and behaviors, including:³

- Learning coping and problem-solving skills
- Staying connected to friends, family and community support
- Maintaining access to physical and mental health care
- Limiting access to lethal means

It's important to talk about suicide. Some people think talking about suicide will make it happen, but that's a myth. Talking about suicide – and mental health and substance use – can break down the stigma, and that can help people feel more comfortable reaching out for help when they need it.

Help is available. Call **988** to connect with the Suicide & Crisis Lifeline. The Lifeline offers free, confidential emotional support to people having thoughts of suicide or experiencing a mental health or substance use crisis. It's available 24/7. If you prefer, you can text **988** and you will be given a short survey so the crisis center can understand what you're going through, and then you'll be connected with a counselor.

If you're more comfortable using a chat feature, visit **988lifeline.org**. Similar to texting, you'll be given a short survey so the crisis center can understand what you're going through. You'll then be connected with a counselor.

If you or someone else is in immediate danger or has already caused self-harm, it's important to call 911 so help can be sent right away.



Help is available.

Call or text **988** anytime, day or night.

1. Centers for Disease Control and Prevention (CDC). Facts about suicide. [cdc.gov/suicide/facts/index.html](https://www.cdc.gov/suicide/facts/index.html). Last reviewed April 6, 2022. Accessed May 11, 2022.

2. Substance Abuse and Mental Health Services Administration (SAMHSA). Preventing suicide. [samhsa.gov/suicide](https://www.samhsa.gov/suicide). Last updated April 28, 2022. Accessed May 11, 2022.

3. CDC. Risk and protective factors. [cdc.gov/suicide/factors/index.html](https://www.cdc.gov/suicide/factors/index.html). Last reviewed May 13, 2021. Accessed May 11, 2022.

If you have thoughts of hurting yourself or others – or you know someone having those thoughts – seek help right away. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.

To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988lifeline.org. The lifeline provides 24/7 free and confidential support.*

*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

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