

New 9-8-8 Suicide and Crisis Hotline for Mental Health Support

People experiencing thoughts of suicide or other mental health crises can now dial or text 9-8-8 to get help. Get more information at 988lifeline.org.

Get Support 24/7, 365 days a year
Free and confidential support to those in suicidal crisis or emotional distress.

In 2020 there was one death by suicide every 11 minutes.

By calling or texting the 988 lifeline, you can receive the support, care, and resources you need to help overcome this mental health, substance abuse, and suicide-related crisis.

It is Never Too Late to Get Help

Nearly 2.4 million crisis calls were made in 2020, and over 180,000 in Texas.

Lifeline callers report having reductions in psychological pain, anxiety, and hopelessness after speaking with trained crisis center workers once calling the lifeline.

The Suicide & Crisis Lifeline website 988lifeline.org also provides additional information on local resources in your community or situation.

National Resources

The National Suicide Prevention Hotline is also still available to help.

Dial **1-800-273-TALK (8355)** or call/text **988** will connect you to the same resources.

If you are experiencing:

Suicidal Thoughts

Bullying / Cyber-bullying

Hopelessness

Sudden Changes in Mood or Behavior

Reach out to family, friends, school counselors, or call/text 9-8-8

