

Call, Text, or Message

9888

For Mental Wellness



Reasons to call or text 988:

Feeling sad, confused, or angry?

Worried about your safety or someone you know?

Worried about alcohol or drug misuse?

3 Ways to Connect

Call



Call 988

dial 1: Veterans Crisis Line
dial 2: Spanish subnetwork
Stay on the line for your local crisis center.

Text



Text "TALK"

Text "TALK" to 988.

Message



Chat

Connect to your local crisis center via the internet.
<http://suicidepreventionlifeline.org/chat>

 988 NM Crisis Support
 988nmcrisissupport
 988nmcrisissupport
<https://988nm.org/>

