



## 988 Suicide & Crisis Lifeline

On July 16, 2022, 988 became the new three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). It is available 24/7 nationwide for anyone experiencing a suicide, mental health, substance use crisis or any other emotional distress.

### Three Ways to Connect



**Call 988**

**Text 988**

#### **Chat [988lifeline.org](https://988lifeline.org)**

- Text and chat functionality are only available in English.
- Translation services is available 24/7 in 250 additional languages when you call.
- Veterans, active military, and their families can call 988 and press option 1 to be transferred to the Veterans Crisis Line.
- Youth and young adults under the age of 25 can press option 3 to be connected to the LGBTQ+ line. available 24/7 for calls, texts, and chats.

***If you or someone you know is in imminent danger, needs medical attention, or a life-threatening crisis is in-progress (such as a suicide attempt), call 911.***

### What you need to know about 988

The 988 Suicide & Crisis Lifeline (988 Lifeline) serves as a universal entry point so that no matter where you live, you can reach a trained crisis specialist who can offer help and support. Although 988 is a new, shorter, easier to remember number, it will still connect you to the same service that was available through the previous National Suicide Prevention Lifeline.

The 988 Lifeline is available 24/7 and provides free and confidential support. People can call, text, or chat for themselves or if they are worried about a loved one who may need crisis support.

When you reach out to the 988 Lifeline, you are connected to a local 988 Lifeline Center that is designated to answer contacts in your area. It is important to know that at this time, calls and texts are routed based on your area code, not your physical location. You are not required to provide any personal information about yourself to receive support from the 988 Lifeline.

All contacts to the Lifeline are answered by trained crisis specialists who will listen to you, provide support, and share local community resources if needed. 988 Lifeline Crisis Specialists are trained to focus on de-escalation, safety planning, and coping skills.

There is hope. Every day, the Lifeline helps people overcome suicidal crisis or mental health related distress.

## 988 Lifeline in Minnesota

In Minnesota, there are five 988 Lifeline Centers that answer calls, texts, and chats routed to Minnesota. The five Centers include:

- Carver County Health and Human Services, Mental Health Crisis Program
- First Call for Help
- FirstLink
- Greater Twin Cities United Way
- Mental Health Minnesota

988 Lifeline Centers provide support through phone, text, or online chat. Centers **do not provide in-person response services**. If a person contacts the 988 Lifeline and is in need of an in-person response, the 988 Crisis Specialists can help facilitate a transfer to another service like mobile crisis or 911 emergency services (police, sheriff, emergency medical services).

The 988 Lifeline is a distinct crisis service and is separate from local mobile crisis response lines. Local mobile crisis response lines are supported through the Minnesota Department of Human Services. **Mobile Crisis response lines will not go away and will continue to provide support to those who use them.** Minnesota 988 Lifeline Centers may work with local mobile crisis teams and may refer 988 contacts to local mobile crisis teams, if needed.

The 988 Lifeline in Minnesota is supported and funded by the Minnesota Department of Health (MDH). MDH is leading the effort to build and expand the 988 Lifeline in Minnesota and actively collaborates with 988 Lifeline Centers, statewide community partners, and national partners. MDH is committed to ensure the success of the 988 Lifeline in Minnesota.

**Email Minnesota 988 questions to:**

[health.suicideprev.MDH@state.mn.us](mailto:health.suicideprev.MDH@state.mn.us)

*4/31/23 To obtain this information in a different format, call: 651-201-5400*

*There is hope.*

