A NEW CRISIS RESOURCE FOR NY

988 SUICIDE & CRISIS LIFELINE

Office of Mental Health
What Happens When I Contact 988?

You CALL 988.
You will be asked if you need dedicated services for Veterans or in Spanish.
Your contact is routed to an official Lifeline crisis center based on your area code.
A trained behavioral health crisis counselor will talk with you.
The counselor will:
- Listen to you.
- Understand how your problem is affecting you.
- Provide personal support.
- Get you the help you need.

You TEXT 988.
Your contact is routed to an official Lifeline crisis center based on your area code.

You CHAT 988.
Your contact is routed to an official Lifeline crisis center based on your IP address.
A trained behavioral health crisis counselor will talk with you.

Follow-up services may be offered.

The counselor will:
- Listen to you.
- Understand how your problem is affecting you.
- Provide personal support.
- Get you the help you need.