

988 Suicide and Crisis Lifeline

On July 16, 2022, you can call, text, or chat 988 to be connected to the National Suicide Prevention Lifeline (NSPL). It will be confidential, free, and available 24 hours a day, 7 days a week, 365 days a year.

Services will be available in Spanish, along with interpretation services in over 250 languages. For people who are deaf, hard of hearing, and TTY users: Use your preferred relay service or dial 711 then 1-800-273-8255.

You can dial 988 if you are having:

- Thoughts of suicide
- Mental health crises
- Substance use crises
- Any other kind of emotional distress

You can also dial 988 if you are worried about a loved one who may need crisis support.

988 will not replace any crisis call centers in Washington state. It is an addition to the state's network of crisis center providers. The current (NSPL) number, 1-800-273-TALK (8255), will remain active along with 988.

There will be no changes to dispatch for Designated Crisis Responders and mobile crisis teams or the functions of any other regional crisis service.

[Learn more about 988.](#)