



What happens when you call?

Thinking of calling the 988 Lifeline but not sure what to expect?

Here's how it works:

- First, you'll have the option to dial 2 and get support in Spanish.
- Then, you'll have the option to dial 1 for the Veterans Crisis Line.
- Callers in Washington can dial 4 to reach a Native crisis counselor at the Native & Strong Lifeline.
- To get help in American Sign Language (ASL), visit [988Lifeline.org](https://www.988lifeline.org) and select "Deaf/HoH" at the top of the page or call 1-800-273-TALK (8255) from your videophone.
- T-Mobile, Verizon, and AT&T have enabled georouting for 988 Lifeline calls. Calls made from phones that get service from these carriers will be routed by the caller's general geographic location. Other calls will continue to route by area code. Learn more at doh.wa.gov/988.
- The crisis counselor who answers your call will listen to your concerns, offer support with your crisis, and help you find other resources.
- Counselors will only contact emergency services when a risk to someone's life can't be reduced during the conversation.

Free and confidential

The 988 Lifeline is free to call, chat, or text, and you don't need to give any personal data. Most calls stay confidential. Fewer than 2% are transferred to emergency services.

Available 24/7/365

Contact 988 at any time to get help for yourself or a loved one dealing with thoughts of suicide, a substance use crisis, or any other type of emotional distress.

Language options

The 988 Lifeline offers call translation services in over 240 languages. You can also call, chat, or text in Spanish. American Sign Language videophone support is available through [988Lifeline.org](https://www.988lifeline.org).