



Fast facts

988 is the 3-digit dialing code for suicide prevention and crisis support.

Call, text, or chat the 988 Suicide & Crisis Lifeline to get support for:

- Thoughts of suicide
- Substance use concerns
- Any type of emotional distress

Trained crisis counselors will listen, offer support, and connect you with resources.

The 988 Lifeline is free, confidential, and available 24/7/365. It has 3 lines for specific groups of people calling from Washington. Dial 988 and select:

- Option 1 for the Veterans Crisis Line.
- Option 2 for the Spanish Language Line.
- Option 4 for the Native and Strong Lifeline. This line connects American Indian and Alaska Native people with a Native crisis counselor.

To get help in American Sign Language (ASL), visit 988Lifeline.org and select “Deaf/HoH” at the top of the page or call 1-800-273-TALK (8255) from your videophone.

Language options

988 also offers interpretation services in over 240 languages. American Sign Language videophone support is available through 988Lifeline.org.

Call volume

Calls, texts, and chats to the 988 Lifeline have increased since 988’s launch in July 2022.

Getting help

You can contact 988 to get support for yourself or a loved one.

HB 1477 and 1134

These bills provide funding to Washington’s 3 crisis centers to expand support options for people in crisis.