



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 4 lines for specific groups of people calling from a Washington area code. Dial 988 and select:

- Option 1 for the Veterans Crisis Line.
- Option 2 for the Spanish Language Line.
- Option 3 for the LGBTQI+ Youth Subnetwork, a line for lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual, and two-spirit (LGBTQIA2S+) teens and young adults under age 25.
- Option 4 for the Native and Strong Lifeline. This line connects American Indian and Alaska Native people calling from a Washington area code with a Native crisis counselor.

Language options

988 also offers interpretation services in over 240 languages. American Sign Language videophone support is available through [988Lifeline.org](https://www.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.