

Help & Hope in New Mexico

9888

### Reasons to Call 988

- Worried about your safety or someone you know?
- Having a hard time managing strong emotions?
- Feeling hopeless, confused or angry?
- Worried about alcohol or drug use?
- Need help finding local community services?

## 24/7 Lifeline for Emotional, Mental or Substance Use Distress

### How it works

#### CALL

People who call 988 are given three options:

#### Press 1

to connect with the Veterans Crisis Line

#### Press 2

to connect with the Spanish Subnetwork

#### Remain on the line

to connect to a local crisis center; if local crisis center is unable to answer, the caller is routed to a national backup center

#### TEXT OR CHAT

People who Text "TALK" to 988 are connected to crisis centers equipped to respond to texts.

Chat is available through the Lifeline's website

<https://suicidepreventionlifeline.org/chat>

### How is 988 different from 911?

A behavioral health crisis needs a behavioral health response.

988 improves access for all New Mexicans who may be in emotional, mental health or substance use distress. 988 provides easier access to local network resources, which are different from 911.

### 988 is

Someone to Talk to

Free & Confidential

More Than A Suicide Hotline

About Breaking Down Stigma

Giving You Real Time Access

*A Transformative Moment for New Mexico's Behavioral Health Crisis Now Care System*

Visit [988NM.org](https://988NM.org)  
for more info



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