

Help & Hope in New Mexico

988

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

3 Ways to Connect

1. CALL



Dial 1:
veterans
crisis line



CALL **988**



Dial 2:
Spanish
subnetwork

stay on the line
for your local
crisis center



2. TEXT



“TALK”

TEXT “TALK”
TO

988

3. CHAT



Connect to your
local crisis center
via the internet

<https://suicidepreventionlifeline.org/chat>

Visit 988NM.org
for more info