

for emotional or
substance use crisis

CALL / TEXT / CHAT 988

Help & Hope in New Mexico

9888

24/7 Lifeline



Reasons to Call 988

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



**Visit 988NM.org
for more info**

@988NewMexico    