

for emotional or  
substance use crisis

**CALL / TEXT / CHAT 988**

Help & Hope in New Mexico

**988**

**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 or angry?
- Worried about alcohol or drug use?
- Need help finding local community services?



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



@988NewMexico    