

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