

for emotional or substance use crisis  
**CALL / TEXT / CHAT 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, angry or lonely?
- Worried about alcohol or drug use?
- Need help finding local community services?



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

@988NewMexico    

