



ANYONE.
Any struggle.
Any time.



Visit
988NM.ORG
for more information



- 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 (substance use)?
- Need information or referrals for local community services?
- Have something on your mind that you want to talk over with someone outside of current situation?

HOW IT WORKS

CALL

PRESS

1

to connect with the
Service Members/
Veterans Line

PRESS

2

to connect
in Spanish

REMAIN ON THE LINE

to connect to a local call center;
if a local center is unable to answer, the
caller is routed to a national backup center

TEXT OR CHAT



People who Text **“TALK”** to 988
are connected to centers
equipped to respond to texts.



Chat is available through
the Lifeline’s website
988lifeline.org/chat

988 SUPPORT RIGHT NOW

**Free, Private and Confidential Support
24/7 by Phone, Text or Chat.**

If you are overwhelmed by life or emotions and you don’t know where to turn, 988 is here to listen and get you private one-on-one support from a caring, understanding and non-judgmental person to help you through the moment. No matter the circumstances, don’t wait to get help.

988 IS NOT 911. 988 IS FOR

- Family or relationship issues
- Work or school stress
- Anxiety about money or housing
- Grief, loss, or loneliness
- Alcohol or drug misuse
- Self-Harm

@988NewMexico

