



Fast facts

988 is the 3-digit dialing code for suicide prevention and crisis support.

Call, text, or chat the 988 Suicide & Crisis Lifeline to get support for:

- Thoughts of suicide
- Substance use concerns
- Any type of emotional distress

Trained crisis counselors will listen, offer support, and connect you with resources.

The 988 Lifeline is free, confidential, and available 24/7/365. It has 4 lines for specific groups of people calling from a Washington area code. Dial 988 and select:

- Option 1 for the Veterans Crisis Line.
- Option 2 for the Spanish Language Line.
- Option 3 for the LGBTQI+ Youth Subnetwork, a line for lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual, and two-spirit (LGBTQIA2S+) teens and young adults under age 25.
- Option 4 for the Native and Strong Lifeline. This line connects American Indian and Alaska Native people calling from a Washington area code with a Native crisis counselor.

Language options

988 also offers interpretation services in over 240 languages.

Call volume

Calls, texts, and chats to the 988 Lifeline have increased since 988's launch in July 2022.

Getting help

You can contact 988 to get support for yourself or a loved one.

HB 1477 and 1134

These bills provide funding to Washington's 3 crisis centers to expand support options for people in crisis.

Washington State Health Care Authority
HCAProgram1477@hca.wa.gov



Washington State Department of Health
988ProgramInfo@doh.wa.gov



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