

# 9-8-8

## Call or text *any time.*

### 24/7 Crisis Support

If you or someone you know is struggling  
or in crisis, *support is available.*

Call or text **988** or chat **988lifeline.org**.

You can send any message to **988**  
to start a text conversation.



Recovery Center of Excellence

**988** SUICIDE & CRISIS  
LIFELINE



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