



**STATE OF
OHIO**
BOARD OF PHARMACY

988 Suicide and Crisis Lifeline

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Licensees who are experiencing a mental health or addiction crisis, and their family members, can call, text, or chat the 988 Suicide & Crisis Lifeline to reach a trained specialist who can offer help and support.

The easy-to-remember, 3-digit number provides 24/7, free and confidential support to those in a behavioral health crisis. 988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress. That could be:

- thoughts of suicide,
- mental health or substance use crisis, or
- any other kind of emotional distress.

Numerous studies have shown that most 988 callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to a 988 Lifeline crisis counselor. Almost 98% of people who call, chat or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline crisis counselors are trained to help reduce the intensity of a situation for the person seeking help, and connect them to additional local resources, as needed, to support their wellbeing.

For more information and additional resources, please visit: <https://988lifeline.org/>

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