

# What to Expect When Calling 988

You are not alone. Help is available 24/7.

## What is 988?

The 988 Suicide & Crisis Lifeline is a number you can call, text, or chat with when you are struggling emotionally. The person who answers the phone is trained to help you.

## What happens when I call?

<b>Dial 988</b>	When you are struggling with your emotions or wanting to hurt yourself, you can pick up the phone and dial 988.
<b>Wait for a counselor</b>	<p>You will hear a message saying that you have reached the 988 Suicide and Crisis Lifeline. After that, music will play as they connect you with a counselor.</p> <p>You may have to wait up to 3 minutes- don't be discouraged. They want to help you.</p> <p>You can try to focus on your breathing or do deep-breathing to help you stay calm while waiting.</p>
<b>Starting the conversation</b>	There is no right or wrong way to start the conversation. You can start the conversation by just saying "hi, I am struggling right now."
<b>Talking to the counselor</b>	<p>This is where you share about what you are struggling with.</p> <p>The counselor will listen to you. The counselor may ask you questions to understand your situation. You can also ask the counselor questions.</p> <p>The counselor is there to listen and help you understand your feelings.</p>
<b>After the call</b>	Sometimes, the counselor may offer to call you back the next day to check in on you.

## Questions you may have:

<b>Can I call 988 even if I am not suicidal?</b>	Yes. You can call 988 for support for <b>ANY</b> emotional stress you are experiencing.
<b>Can I text or chat with a counselor instead of calling?</b>	Yes. You can send a text to the number 988 to be connected with a counselor. You can also chat online by going to <a href="https://988lifeline.org/chat/">https://988lifeline.org/chat/</a>
<b>Will anyone know that I called 988?</b>	Your call will be private and <b>YOU</b> get to decide who knows that you called 988. Your counselor will only contact emergency services <b>if</b> they think that your life is in immediate danger. You deserve support.
<b>What if I struggle to find words for how I am feeling?</b>	Your counselor is trained and will be patient with you. You will have time to think about what you would like to say.

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