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BLOG

How to Reach 988 and Support a Friend

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Call, Text or Chat

- Call 988, any time
- Text any message to 988
- Chat online at 988lifeline.org

Help in Spanish

- Text and chat are available in Spanish
- When calling, press 2 for Spanish

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Supporting a Friend

- Be direct and talk openly
- Be willing to listen
- Don't be sworn to secrecy; seek support
- Contact 988 any time for help

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Read the full article

Suicide Risk: What the Evidence Says About Screening and Where to Get Help

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. If you or someone you know is struggling, call or text 988, the 988 Suicide & Crisis Lifeline, any time.