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National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

SPECIAL ANNOUNCEMENT

Support Local Crisis Centers

Counselors at locally-operated crisis centers across the country answer all of the Lifeline's calls and chats. But they need your help.

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Anyone could be struggling with suicide. Find more specific resources below.



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READ STORIES OF HOPE & RECOVERY

What Happens When You Call The Lifeline?

+

Everyone Plays A Role In Suicide Prevention

Here are some helpful links:

[GET HELP NOW](#)

[HELP YOUR LOCAL CENTER](#)

[JOIN THE NETWORK](#)

[PROMOTE THE LIFELINE](#)

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Get resources for yourself or be the difference for a loved one by offering support and understanding.

HELP YOUR LOCAL CENTER

Lifeline centers range across the U.S. and rely on state and local funding to operate. Find out how you can help.

JOIN THE NETWORK

Local crisis centers can support the fight against suicide by joining the Lifeline's national network.

PROMOTE THE LIFELINE

Spread the word about the Lifeline's free, confidential, 24/7 services and raise awareness for suicide prevention.

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[CHAT WITH LIFELINE](#)

Have A Question?

See if we've answered it on our FAQ page!

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The National Suicide Prevention Lifeline is funded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health.