



# Crisis Support

# 988 National Suicide Prevention Lifeline

## Before | During | After

The 988 National Suicide Prevention Lifeline is the nationwide 3-digit dialing code for Americans in crisis to connect with mental health crisis counselors.

On July 16, 2022, the 988 lifeline will accept calls and texts from anyone who needs support for a suicidal, mental health and/or substance use crisis.

English and Spanish lifeline specialists are available if I call by phone. If I want to text the 988 lifeline, they can only text in English.

If I feel depressed, or if I have unsafe thoughts about hurting myself or others, I can call the 988 lifeline number.

If I call, text or chat the 988 number, a lifeline specialist will listen to me talk about my feelings and unsafe thoughts.

These lifeline specialists are trained to try to help me. They want to make me feel safe and calm again. They may provide resources to help me.

The lifeline specialists are available to talk 24 hours a day, 7 days a week. I can call this number anytime I'm feeling depressed or having unsafe thoughts.



# Crisis Support 988 National Suicide Prevention Lifeline

Before | **During** | After

When I feel I am in crisis or want to hurt myself or others, I will call or text '988' to connect to a lifeline specialist.

I will pick up the phone and dial 988, and wait for a lifeline specialist to answer. If I don't want to call, I can text the number '988', and write that "I need help" and will wait for a text message response.

The person on the phone will listen to how I feel and may ask me questions about my feelings and thoughts.

I can ask this person any questions I have, or share anything scary I may feel. They are trained to help me.

The lifeline specialist will answer my questions. They might give me resources to help me feel better.

If the lifeline specialist thinks that I might be hurting myself or others, they may need to call emergency services to come help me in person.



# Crisis Support 988 National Suicide Prevention Lifeline

Before | During | **After**

I should let a close family member, friend, teacher, or therapist know I'm feeling this way.

Talking about how I'm feeling will make me feel better. I don't have to feel afraid to share how I feel.

If the lifeline specialist shared resources to call to make me feel better, I should make a plan to call them. If they gave me resources to read, I can read them and share with trusted people in my life.

If I continue to feel so upset that I have feelings or thoughts about hurting myself or hurting others, I need to tell someone I trust so they can help me feel better. I might need to get additional support.

For additional information, resources and support, please contact our National Helpline at 800-3-AUTISM or [info@autism-society.org](mailto:info@autism-society.org).

**Please note the National Helpline is not a crisis line.**

This resource was developed by the Autism Society of America in conjunction with the Autism Society's Council of Autistic Advisors, and Panel of Professional Advisors.