## CRISIS TEXT LINE

Ohioans 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, three-digit number provides 24/7, free and confidential support to Ohioans 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.

Ohio's 988 plan is part of the state's larger commitment to providing quality, person-centered crisis supports in communities across the state.

There is ***HOPE***. The Lifeline ***WORKS***. You are not alone in crisis

* Call - Dial 988 on your mobile or home phone for immediate support
	+ For the Veterans Crisis Line, dial 988 then press 1. You do not have to be enrolled in Veterans Affairs (VA) benefits or health care to call.
	+ Para acceder al apoyo en español, marque 988 y presione 2.
* Text - To text with a crisis specialist, send a text to 988 on you mobile phone. (English and Spanish)
	+ Para iniciar una conversación de mensaje de texto en español con el 988 Lifeline, envía la palabra AYUDA a 988.