



988 FLORIDA

SUICIDE & CRISIS LIFELINE



WHAT IS 988?

988, a 3-digit number for the Suicide and Crisis Lifeline, offers 24/7 access to compassionate, confidential support for free. You'll be quickly connected to trained crisis counselors who will listen to your concerns, provide support, and get additional help if needed.

People can call or text 988 or chat at 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a caring, trained counselor who can help.



WHO IS 988 FOR?

STUDENTS

SCHOOL
PERSONNEL

FRIENDS
& FAMILY

ANYONE

WHEN TO REACH OUT

Whether you're in distress or just want to talk about something on your mind, call or text 988 or chat at 988lifeline.org. If you are worried about a student, reach out to 988 and a trained crisis specialist will help walk you through navigating the situation. For free, confidential support, reach out to 988. Whether you call, text, or chat, we want you to reach out in whatever way is most comfortable for you. No matter when, why, or how, you matter!

WHY IS THERE A NEED FOR 988?

- Too many people are experiencing suicidal crises or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.
- There are urgent realities driving the need for crisis service transformation across our country.
- In 2021 and 2022:
 - The U.S. had one death by suicide about every 11 minutes
 - For people aged 10–14, suicide was the second-leading cause of death
 - More than 950,000 youth aged 12-17 and 1.6 million adults attempted suicide
- Yet, there is hope. The 988 Lifeline helps thousands of people struggling to overcome suicidal crises or mental health-related distress every day.



Suicide Warning Signs for Youth

Talk with us.



It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability.