

No matter your struggle, you are not alone.

The 988 Suicide and Crisis Lifeline is free, private and accessible for people who are Deaf and Hard of Hearing. Whether feeling lonely, depressed, anxious or thinking about hurting yourself, you'll get support that can make a difference.

988 | SUICIDE & CRISIS
LIFELINE

**Videophone, voice call,
text or chat 988 — anytime.**

988lifeline.org



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Spanish translation.



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HUMAN SERVICES**

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