

There is hope.

988 is the new three-digit dialing code for the Suicide and Crisis Lifeline. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides direct connection to **free, confidential, and compassionate support**. You are not alone. For 24/7 confidential support, just call or text 988 or chat 988lifeline.org



For more information:



State of New Jersey
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services
Sarah Adelman, Commissioner

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