

# National Suicide Prevention Lifeline

## 1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### [About The Lifeline](#)

- What Happens When You Call The Lifeline?
- First, you'll hear an automated message featuring additional options while your call is routed to your local Lifeline network crisis center.
- We'll play you a little music while we connect you to a skilled, trained crisis worker.
- A trained crisis worker at your local center will answer the phone.
- This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

**Lifeline Center calls are FREE, CONFIDENTIAL, & AVAILABLE 24/7**

Chat: [Chat With Lifeline](#)

### Everyone Plays A Role In Suicide Prevention

Here are some helpful links:

[GET HELP NOW](#)[HELP YOUR LOCAL CENTER](#)[JOIN THE NETWORK](#)[PROMOTE THE LIFELINE](#)

[GET HELP NOW](#)

Get resources for yourself or be the difference for a loved one by offering support and understanding.

[PROMOTE THE LIFELINE](#)

Spread the word about the Lifeline's free, confidential, 24/7 services and raise awareness for suicide prevention.  
Want to talk?

We're always here. Call us.

[1-800-273-8255](tel:1-800-273-8255) [Talk to someone now](#)

**Visit our Safe Space for a calming, de-stressing environment.**

[About](#) [FAQ](#) [Donate](#) [Media Resources](#)

[Visit our Facebook page](#)

[Visit our Twitter page](#)

[Visit our YouTube page](#)

[Visit our Tumblr page](#)

[Ayuda En Español](#)

[Info For Deaf & Hard of Hearing](#)