

What is the 988 Lifeline?

988 is a free, confidential crisis support line available 24/7 for mental health, substance use, emotional distress, and more.

Employee Assistance Program (EAP) and 988

988 complements EAP services by providing immediate, 24/7 crisis support when employees need urgent help outside of workplace resources.



Immediate Support

While your EAP provides counseling and work-life resources, 988 offers instant crisis intervention.



Accessible Anytime

If you need support outside EAP hours, 988 is always available, offering 24/7/365 assistance.



Help for Loved Ones

You can call for yourself or someone you care about who is going through a mental health crisis.



National Coverage

No matter where you live, help is just three digits away throughout the United States.

Frequently Asked Questions



How do I get connected?

Dial 988 from any phone or text 988 for support. Chat is available at 988lifeline.org.



What can I expect?

A trained crisis counselor will listen, provide support, and connect you with resources.



Is 988 available in other languages?

Services are available in English and Spanish, with interpretation in over 240 languages.



Can I remain anonymous?

Yes, you can remain anonymous when contacting 988, any shared information is confidential.