

988 FLORIDA LIFELINE - WHO SHOULD YOU CALL?

Providing 24/7 free and confidential support for those experiencing a behavioral health crisis.



Overview

As the single state authority for mental health and substance use services, the Florida Department of Children and Families manages a highly effective 988 program. From its implementation in 2022, the 988 Florida Lifeline has evolved into a life-saving behavioral health crisis service.



The 988 Florida Lifeline is a **free** behavioral health support service, **available 24/7**, that connects Floridians experiencing suicidal thoughts, substance use disorder, mental health crises, or any other kind of emotional distress to a crisis counselor in their immediate area.



How does the Lifeline Work?

When you dial 988, your call will be answered by a crisis counselor. Their job is to listen and work with you on coping strategies, safety planning, and help connect you to appropriate care in your community.

**WHO
SHOULD
YOU
Call?**

988 

Assists individuals experiencing mental health concerns, suicidal thoughts or behaviors, or substance use crises.

911 

Dispatches first responders and law enforcement to address emergencies.

211 

Provides health and social service assistance information and referrals.

Reasons to Reach Out to 988

-  Thoughts of suicide
-  Anxiety
-  Stress
-  Substance use

-  Feeling depressed
-  Loneliness
-  Hopelessness
-  Economic worries

-  Postpartum depression
-  Bereavement support
-  On another person's behalf
-  Just need someone to talk to

Your Story Matters.



**Want to find out
more?**

