

## Hope has a new number. SUICIDE & CRISIS 988 LIFELINE





## You are not alone. Help is available.

If you or a loved one are experiencing a mental health or substance use crisis, help is available 24/7 through the 988 Suicide & Crisis Lifeline. When you call 9-8-8, you'll be connected to a local mental health professional who will listen, support, share resources, and provide guidance.

Johnson County Mental Health Center receives calls made to the 988 Suicide & Crisis Lifeline from Johnson County phone numbers. Help is also available day or night by calling Johnson County Mental Health Center's 24/7 Crisis Line at (913) 268-0156.



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