TODAY IS

988 DAY

NYC
Mayor's Office of Community Mental Health

9/8 is 988 Day

A Day of Action!



#988Day is a moment to raise awareness, share reasons for reaching out for support, and remind everyone: **help is always just 3 digits away.**

Whatever your reason.
Call, Text, Chat 988. 24/7.

988 | SUICIDE & CRISIS LIFELINE

988 DAY

NYC Mayor's Office of Community Mental Health

ACTION!





988 DAY



WHAT?

NYC Mayor's Office of Community Mental Health

TAKE ACTION

988 DAY

LEARN

about your local resources

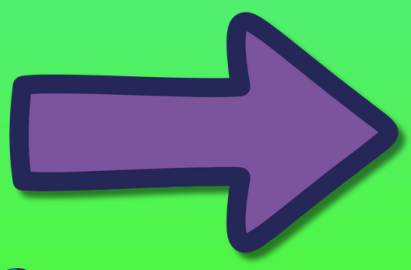


INCORPORATE

make what you've learned actionable

SHARE

with someone who may not know



Mayor's Office of Community Mental Health

nyc.gov/988-911-311

THREE NUMBERS - ONE CITY

LEARN THE DIFFERENCE

Not all mental health crises need 911 - start with 988 if you are unsure. If you or someone you care about is in distress, immediate support is available!

Mental Health Support with NYC 988

988

Free, confidential mental health & substance use support 24/7, in over 200 languages! Call, text, or chat 988.

Emergencies

Call 911 24/7 for medical emergencies, fire, crimes in progress, and any immediate, life-threatening situations.

911

City Services with NYC 311

311

NYC 311 is the primary 24/7 non-emergency service and information portal for NYC gov. Potholes, heat, noise complaints & more!

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nyc.gov/988-911-311

KEEP SUPPORT CLOSE.

SAVE 988 ON YOUR iPHONE



1. Open Contacts and tap +.
2. Enter NYC 988 as the name.
3. Tap add phone and enter 988.
4. Tap Done or the checkmark (✓) to save.

For quicker access:

Add to Favorites

1. On the saved contact, scroll down
2. Tap Add to Favorites.
3. Choose call, then 988 if prompted.



Whatever Your Reason. Call, Text, Chat 988. 24/7.

FREE, CONFIDENTIAL MENTAL HEALTH SUPPORT

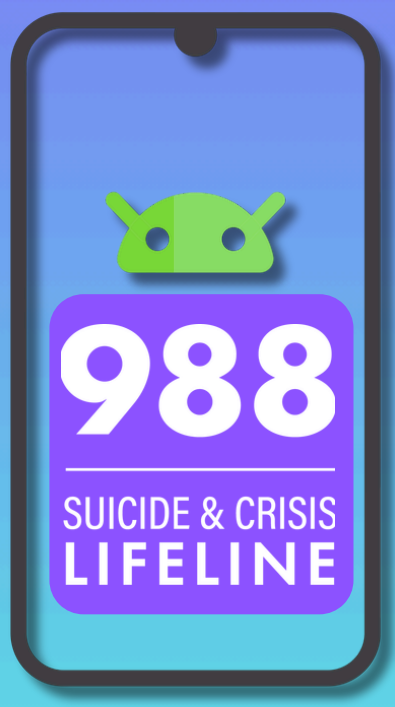
STEPS MAY VARY BY PHONE AND SOFTWARE VERSION.

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nyc.gov/988-911-311

KEEP SUPPORT CLOSE.
SAVE 988 ON YOUR ANDROID

1. Open Contacts and tap +.
2. Enter NYC 988 as the name.
3. Enter 988 as the phone number.
4. Tap Save or the checkmark (✓)



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- Open the saved contact
- Tap the star (☆) to add it to your Favorites.

Whatever Your Reason. Call, Text, Chat 988. 24/7.

FREE, CONFIDENTIAL MENTAL HEALTH SUPPORT

STEPS MAY VARY BY PHONE AND SOFTWARE VERSION.

NYC Mayor's Office of Community Mental Health

nyc.gov/988-911-311

SHARE THIS INFO WITH YOUR COMMUNITIES

Taking action doesn't need to be complicated! As you learn about local resources, suicide prevention, and how to help your communities in times of need, share them widely!

988, 911, and 311: What's the Difference?

nyc.gov/988-911-311

The Mayor's Office of Community Mental Health + NYC Health's public education campaign. Download graphics, social copy, videos, and information to share with connections!

NYC 988: Talk, Text, or Chat 24/7

https://nyc988.cityofnewyork.us/en/

Free, confidential mental health & substance use support 24/7, in over 200 languages! Call, text, or chat 988.

988 Day Official Page : National 988 Suicide & Crisis Lifeline

https://988lifeline.org/988-day/

Spread awareness about #988Day. It includes downloadable materials, images, and information to amplify the message "988 Reasons: Your reason is reason enough."

Substance Abuse and Mental Health Services Administration SAMHSA

https://www.samhsa.gov/mental-health/988/newsroom/988-day

SAMHSA Offices and Centers provide national leadership to advance the agency's mission and improve the behavioral health of the nation.

Short on time today? Share slides from this post instead! The next few pages are ready to share selects (in English, Spanish, Simplified Chinese, and Traditional Chinese) from the 988-911-311 page, where you can also download images to make your own!

988 DAY

NYC Mayor's Office of Community Mental Health



Not every crisis needs 911.

988
Mental health support

911
Emergencies

311
City services

NYC Health
Zohran Kwame Mamdani
Mayor
Alister F. Martin, MD, MPP
Commissioner

NYC Mayor's Office of Community Mental Health

Learn when to call 988, 911 or 311 for emotional support, life-threatening emergencies and city services.

nyc.gov/988-911-311



No todas las crisis requieren llamar al 911.

988
Apoyo para la salud mental

911
Emergencias

311
Servicios de la Ciudad

NYC Health
Zohran Kwame Mamdani
Alcalde
Alister F. Martin, MD, MPP
Comisionado

NYC Mayor's Office of Community Mental Health

Entérate cuándo debes llamar al 988, al 911 o al 311 para recibir apoyo emocional, en caso de emergencias que pongan en peligro la vida o para solicitar servicios de la Ciudad.
nyc.gov/988-911-311



并非所有危机都需要拨打 911。

988
心理健康支持

911
紧急情况

311
市政服务

NYC Health
Zohran Kwame Mamdani
市长
Alister F. Martin, MD, MPP
局长

NYC Mayor's Office of Community Mental Health

了解何时拨打 988、911 或 311，以寻求情绪支持、应对危及生命的紧急情况以及获得市政服务。

nyc.gov/988-911-311



並非所有危機都需要撥打 911。

988
心理健康支持

911
緊急情況

311
市政服務

NYC Health
Zohran Kwame Mamdani
市長
Alister F. Martin, MD, MPP
局長

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瞭解何時撥打 988、911 或 311，以尋求情緒支援、應對危及生命的緊急情況以及獲得市政服務。
nyc.gov/988-911-311