

988 Is Here to Help

Need immediate emotional support? Call 988 to connect to a counselor who can help. Our specialists provide confidential care 24/7. Because we all need help sometimes.



The National Suicide Prevention Lifeline (1-800-273-8255) and the Here2Help Hotline (410-433-5175) are still working – and can also be reached by calling 988.



When should I call 988?

Call whenever you need emergency emotional support or are worried about someone else. The 988 helpline is free and confidential.

[Reasons to call >](#)



What happens when you call?

Your call will be answered quickly by specialized counselors who will treat you with understanding and dignity.

[What to expect >](#)

A coordinated community effort

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More than 80 partners have invested years of planning to roll out 988 in Central Maryland.

[See the Timeline >](#)



What to Expect When You Call 988

We talked to residents throughout Central Maryland, and you told us — it takes courage to call. You also told us it helps to know what to expect.



Here's what happens when you call the helpline.

- You'll hear a message telling you that you've reached 988.
- We'll play a little hold music while we quickly connect you.
- A counselor at the 988 call center closest to you will answer the phone.
- Your counselor will listen and provide emotional support.
- We also can share resources for longer-term support.



- All calls are free and confidential.
- You will always be treated with dignity.
- Most callers get immediate relief.

[Learn more about 988 in Central Maryland](#)

Reasons to Call

People call 988 to talk about a lot of things —

- thoughts of suicide
- relationships
- economic worries
- anxiety
- sexual identity
- drinking too much
- drug use
- feeling depressed
- mental and physical illness
- loneliness
- trauma,
- and more

When life gets tough, it can feel overwhelming. But it can get better. Whatever problems you are dealing with, 988 is here to help.

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About

988 is a national network of local responders. More than 80 local organizations and partners on the ground have been planning for years to make sure Central Maryland's 988 response provides quality mental healthcare.

Our local 988 call centers are just the beginning. In Central Maryland, 988 will grow to include neighborhood clinics, a referral network for longer-term care, and emergency response teams who can make sure community residents get specialized mental healthcare when they need it.

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