

Mental-Health Crisis?

Help is available 24-7



Crisis Phone | Text:

Dial 988

Chat:

<https://988lifeline.org>



(Johnson County)

Crisis Phone | Chat | Text

1-855-325-4296

Mobile Crisis Outreach

1-855-800-1239



(Linn County)

Crisis Line &

Mobile Crisis Outreach

1-800-332-4224

Spotlight on Mental Health

(November, 2022)



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What is 988?

988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline (now the 988 Suicide and Crisis Lifeline). Compassionate, accessible care and support is available for anyone experiencing mental health-related distress — thoughts of suicide, mental illness or substance-use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The goal of the 988 Suicide and Crisis Lifeline is to provide immediate crisis intervention and support. When someone calls 988, a trained crisis counselor will answer the phone, listen to the caller, understand how their problem is affecting them, provide support and share resources, as needed. Crisis counselors are trained to help in a variety of crisis situations, and no caller is required to disclose any personal information.

[\(https://www.nami.org/Advocacy/Crisis-Intervention/\)](https://www.nami.org/Advocacy/Crisis-Intervention/)