



Mental health emergency?

Call 988.



Every 11 minutes someone in the U.S. dies by suicide.¹

More than 50% of people in the U.S. will be diagnosed with mental illness during their lifetime.²

If you or someone you care about is having thoughts of suicide or experiencing a mental health or substance use crisis, help is available 24 hours a day.

Call or text **988** anytime for caring support from a trained crisis counselor through the 988 Suicide & Crisis Lifeline.

Help is available. Call or text **988.** 

1. Centers for Disease Control and Prevention (CDC). Facts about suicide. [cdc.gov/suicide/facts/index.html](https://www.cdc.gov/suicide/facts/index.html). Last reviewed April 6, 2022. Accessed May 5, 2022.

2. CDC. About mental health. [cdc.gov/mentalhealth/learn/index.htm](https://www.cdc.gov/mentalhealth/learn/index.htm). Last reviewed June 28, 2021. Accessed May 5, 2022.

If you have thoughts of hurting yourself or others – or you know someone having those thoughts – seek help right away. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.

To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988.lifeline.org. The lifeline provides 24/7 free and confidential support.*

*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

Optum does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

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