

**988 is more than just an easy-to-remember number. It's a direct connection to compassionate, accessible support for anyone experiencing mental health-related distress – thoughts of suicide, mental health or substance use crisis, or any emotional trauma.**



[DONATE NOW](#)



The 988 Lifeline is a national network of over 200 local, independent crisis centers equipped to help people via call or text. The Lifeline provides free and confidential support 24-hours a day, 7 days a week. The 988 Lifeline is a first step toward strengthening and transforming crisis care in this country. No matter where you live, you can reach a trained counselor who can help. People can also dial the 988 Lifeline if they are worried about someone else who may need crisis support. Here in Suffolk County, the counselors at Family Service League's DASH Crisis Care Center will be assisting in responding to these calls. Please take a moment to share this important information with someone you love.

*There is hope.*



[Click here for more information about the new 988 National Suicide Prevention Lifeline](#)

Visit the "**Find Help**" page of [www.fsl-li.org](http://www.fsl-li.org) for information on services and programs for children, families, and seniors.

Since 1926, FSL has provided all aspects of human services, including mental health counseling, addiction prevention & treatment, crisis care, early education, and family & senior services. Today, in communities across Long Island, FSL is Restoring Hope & Rebuilding Lives. Your contribution is needed.

Make a tax deductible gift by clicking the Donate Now button or text "FSL22" to 91999.