



You are not alone.

It's okay to say sometimes ... "we need help." That's where 988 comes in.

Understanding and Using 988 for Mental Health Support in Pueblo Communities

What is 988?

988 is the nationwide Suicide & Crisis Lifeline. It is a free, confidential resource available 24/7 to anyone who is experiencing emotional distress, a mental health or substance use crisis, or even just needs someone to talk to. You can call or text 988 from anywhere and you'll be connected with trained crisis counselors who listen, support, and help you find a path forward.

How and When to Use 988

You don't need to be in immediate danger to use 988. Use this resource when you are:

- feeling overwhelmed, anxious, or depressed
- struggling with grief, identity, or loneliness
- concerned about a loved one who may be in crisis

Dealing with addiction, suicidal thoughts, or traumatic experiences?

Whether you're a young person facing pressure, an elder grieving in silence, or a community member simply needing to feel heard — **988 is here for you!**

A message of hope ...

If you are struggling, please remember: **YOU MATTER!**

Your presence in this world is needed. There is no shame in asking for help.

Let **988** be one more tool for support. **You are loved and you are never too far from support.**

Anyone. Any struggle. Anytime.

- Call **988** to speak with someone right away
- Text **988** if talking is too hard
- Use **988** 24/7—anytime, day or night, including weekends and holidays

Why 988 Matters for Pueblo People

In Pueblo life, we lean on each other. But sometimes, we also need someone outside our circle to listen without judgment. That's not weakness — it's strength. It's courage. Using 988 doesn't mean you're broken. It means you are human — and you are taking steps to care for you and your future. Visit 988NM.org for more info



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