



Mississippi Department of Mental Health

How to Get Help



The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in distress. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, 988 is available in Mississippi and nationwide.

The Lifeline is a national network of local crisis centers. Mississippi has two call centers with trained crisis counselors to answer your calls. **You can also text 988 or chat online at www.988lifeline.org.** Using 988 is free. When you call, text, or chat 988, your conversation is confidential. 988 provides you judgment-free care. Talking with someone can help save your life.

When you call 988, you'll hear hold music while you are connected to a counselor with our Veterans, Spanish-language, LGBTQI+ services, or your local 988 Lifeline contact center. A counselor will say hello and introduce themselves, ask you if you are safe, and will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

Call or text 988 now to speak with a trained crisis counselor.



Good mental health and good physical health go hand-in-hand. Contacting our primary care physician comes naturally to us when we have a problem with our physical health like a cold, virus, or broken bone. However, reaching out for services to help with mental health problems, like depression or anxiety, may not come as easily.

Mental Health Mississippi was developed to make that process easier and to serve as a hub of information for mental health resources available in our state. **The site is available at www.mentalhealthms.com.** Navigate to the Find Services tab for an easy-to-use way to search for services near you.

Mental Health Mississippi is also available as an app on Apple's App Store and the Google Play store for Android.

For more information about services and supports near you, or for information about alcohol and drug treatment services or intellectual and developmental disability services, **call the DMH Helpline at 1-877-210-8513**. Find more information about the Mississippi Department of Mental Health at www.dmh.ms.gov.