

FAQ:

Frequently Asked Questions



What is Nevada 988?

Nevada 988 is our state's resource for immediate emotional and mental health support, as well as alcohol and drug use issues. Trained counselors provide compassionate support and guidance to individuals experiencing emotional distress.

Who is Nevada 988 for?

Nevada 988 is for everyone. People are encouraged to reach out when they are experiencing any level of mental health struggles, emotional distress, alcohol or drug use concerns or just need someone to talk to. You do not need to be in crisis to use Nevada 988.

Will I speak with a real person when I call Nevada 988?

Yes, you will speak, text or chat with a real person. We have a team of trained, compassionate counselors, based at call centers in Nevada, ready to support Nevadans 24/7/365.

What issues can Nevada 988 help with?

Nevada 988 is intended for anyone experiencing mental or emotional distress. This includes being sad, depressed, anxious, lonely, having thoughts of harming yourself, struggling with drugs or alcohol use or just needing someone to talk to. Nevada 988 is not only for those in an immediate crisis.

Can Nevada 988 help with alcohol and drug problems?

Nevada 988 counselors are trained to help those dealing with drug and alcohol use issues. They can guide callers to resources and support and help them develop a plan.

Will the police be sent if I call Nevada 988?

No, contacting Nevada 988 does not trigger police involvement. Police will only be dispatched IF you provide your location AND you are in immediate danger.

Will anyone know if I call Nevada 988?

No one will know if you call Nevada 988. The service is 100% confidential. You decide what information to share with the counselor, including your name, and that information remains private.

How can someone I don't know help me with my mental health?

Nevada 988 counselors are compassionate listeners available whenever you need to be heard and understood. They are trained to help you navigate challenging moments and to connect you with resources, safety planning and follow-up support. When you feel there is no one to talk to, 988 is here.

What should I do if I'm having thoughts of self-harm or suicide?

Separate yourself from anything that can harm you (e.g., pills, weapons, rope).

Then do any of the following:

- Call your mental health provider if you have one
- Seek help from your school nurse or counselor, teacher, spiritual leader or health care provider
- Talk to a friend or family member
- Call or text 988 for immediate support

How can I help someone if I'm worried they may harm themselves?

If you suspect a friend or loved one is considering self-harm or suicidal thoughts, talk to them. If they are, or you suspect they are, encourage them to seek help from a mental health professional or to contact Nevada 988.

What are some warning signs of self-harm or suicide?

Self-harm may include behaviours such as:

- Cutting, burning or hitting yourself
- Participating in risky behaviour
- Disordered eating
- Abuse of drugs or alcohol

Signs that someone may be self-harming can include:

- Scars
- Wearing long sleeves or pants, even in hot weather
- Talking about feeling worthless or helpless
- Fresh cuts, bruises, bite marks, burns or other unexplained injuries
- Keeping sharp objects on hand
- Frequent reports of accidental injury
- Emotional and behavioral instability and unpredictability
- Being secretive
- Withdrawing from relationships and usual activities