

988

MENTAL HEALTH LIFELINE

DEAF, HARD OF HEARING OR HEARING LOSS

The 988 Mental Health Lifeline is a resource for all Oklahomans to get the help they need. To make getting help as accessible as possible, trained behavioral health professionals are available 24 hours a day, 7 days a week, 365 days a year.

People who are deaf, hard of hearing, or have hearing loss can talk with a trained dispatcher by:

TEXT

Using your phone, simply text “HELP” to 988. You will receive an automatic response asking if you would like to connect with a counselor. Text back “YES” to start the conversation.

VIDEOPHONE

If you need a dispatcher who can speak with you in American Sign Language (ASL), go to 988lifeline.org and click the “ASL NOW” button under the Deaf & Hard of Hearing page.

ONLINE CHAT

If you would like to chat online by computer, go to 988lifeline.org/chat and complete the Pre-Chat Survey.

TTY USERS

Use your preferred relay service or dial 711 then 988.

ALL SERVICES ARE AVAILABLE IN SPANISH AND SPECIAL SERVICES ARE AVAILABLE FOR VETERANS AND LGBTQIA+ YOUTH.

VETERANS: TEXT “HELP” TO 838255 or CALL 988, PRESS 1

SPANISH: TEXT “AYUDA” TO 988 or CALL 988, PRESS 2

LGBTQIA+ YOUTH: OPT-IN AFTER INITIAL TEXT or CALL 988, PRESS 3