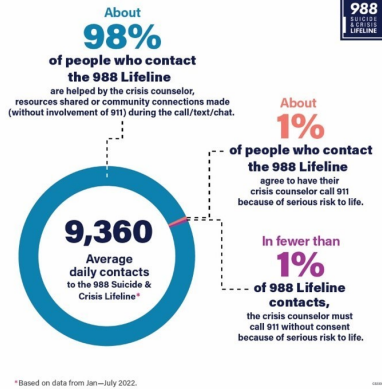


# 988 Toolkit

## What is 988?



## When You Contact 988

You don't have to say **Who you are or Where you are.**



You will get support from a trained **Crisis Counselor.**

Call or text 988, or chat **988Lifeline.org**

There is Hope.



## You Are Not Alone Video



[tinyurl.com/72fd2hee](https://tinyurl.com/72fd2hee)

## 988 by the numbers



[tinyurl.com/yckzzusn](https://tinyurl.com/yckzzusn)

## 988: Your Privacy



[tinyurl.com/2nb4bfhr](https://tinyurl.com/2nb4bfhr)

Be a Lifeline

## Do you know someone in crisis?

You can be a lifeline & help support them!

Here are five steps you can take that are known to help:

### 1. ASK:

Are you thinking about suicide? How do you hurt? How can I help?

### 2. BE THERE:

In person or on the phone. Show support. Listen. Keep promises to connect.

### 3. HELP KEEP THEM SAFE:

If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

### 4. HELP THEM CONNECT:

When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

### 5. FOLLOW UP:

After the immediate crisis is over, check in. That text or call afterwards makes a real difference.



SOURCE: [bit.ly/3tqps](https://bit.ly/3tqps) | <https://www.bethalto.com/bethalto-steps-evidence/>

## Be a Lifeline



[tinyurl.com/3fxkupje](https://tinyurl.com/3fxkupje)



In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

## In English

Abuse and Mental Health Services (SAMHSA) is the lead federal agency with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of 988 a reality for America. Moving to a 3-digit dialing code is a **once-in-a-lifetime opportunity** to strengthen and expand the existing National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for a **crisis care system that provides direct, life-saving services to all in need.**

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.

In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving services to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is **essential to meeting crisis needs across the nation.**



Developed in collaboration with the Centers for Disease Control and Prevention.



[tinyurl.com/2p8fauz7](https://tinyurl.com/2p8fauz7)



En 2020, el Congreso designó el nuevo código de marcación 988 para operar a través de la Línea directa nacional para la prevención del

## In Spanish

Abuso de Sustancias y Servicios de Salud Mental (SAMHSA) es la Comisión Federal de Asuntos de Veteranos, que trabaja para hacer realidad la promesa del 988 en Estados Unidos. Pasar a un código de marcación de 3 dígitos es una **oportunidad única en la vida** que permite fortalecer y ampliar la Línea directa nacional para la prevención del suicidio (National Suicide Prevention Lifeline o la Línea de vida).

De hecho, el 988 es más que un número fácil de recordar—es una conexión directa a la que puede acceder cualquier persona que tenga problemas relacionados con la salud mental para recibir atención y apoyo compasivo y accesible—sea que se trate de pensamientos suicidas o de una crisis de salud mental o relacionada con el consumo de sustancias o cualquier otro tipo de angustia emocional. Prepararse para la implementación integral del 988 requiere una visión audaz que permita diseñar un **sistema de atención de crisis que proporcione servicios directos que salven vidas a todos aquellos que lo necesitan.**

SAMHSA considera que el 988 es un primer paso hacia la transformación de un sistema de atención de crisis que se equipara a la forma en que se expandieron los servicios médicos de emergencia en los Estados Unidos.

En busca de esta visión audaz, pero alcanzable, SAMHSA se centra primero en fortalecer y ampliar la red existente de la Línea de vida, proporcionando un servicio que salva vidas a todos los que se comunican con el 988, ya sea mediante una llamada telefónica, un mensaje de texto o por chat. A más largo plazo, SAMHSA reconoce que conectar a quienes están en crisis con proveedores comunitarios—que pueden ofrecer una gama completa de servicios de atención en crisis—es **esencial para satisfacer las necesidades de crisis en toda la nación.**



[tinyurl.com/ys3zhs8t](https://tinyurl.com/ys3zhs8t)