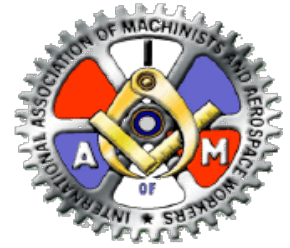




HELPING HANDS



988: More Than Just a Suicide Prevention Hotline?

All information sourced from the [988 Suicide and Crisis Lifeline](#) and the [National Council for Mental Wellbeing](#)

The 988 Suicide & Crisis Lifeline mainly focuses on suicide prevention. But did you know it can help you with a lot more? You can call, text, or chat online to talk about other stressors, too. For example, you can discuss financial stress, substance abuse, sexual identity, etc. This hotline is for anyone who is in an emotional or mental crisis and needs someone to talk with.

About the 988 Lifeline



Before the hotline became 988, it was the National Suicide Prevention Lifeline. The NSPL began taking calls in 2005 and 988 just celebrated its one-year anniversary on July 16th, 2023. The Substance Abuse and Mental Health Services Administration (SAMHSA) funds the Lifeline. Vibrant Emotional Health administers the services. Some areas have Certified Community Behavioral Health Clinics (CCBHCs) that partner with the Lifeline. These CCBHCs provide more comprehensive and personal care if needed.

The hotline is free, confidential, and available 24/7 in all 50 states and U.S. territories. English and Spanish speakers can use the call, text, or chat functions to access services. For those who speak other languages, translation services are also available. Those with hearing loss have options to text, chat, or call using TTY.

Other Resources from 988

988 has resources for general mental wellness. To start, it provides links to multiple websites that help you find a therapist. Also, you can find relevant mental health resources if you identify as LGBTQ+, black, Native American or Alaskan Native, neurodivergent, a veteran, or other such community.

The 988 website keeps up to date with current events like COVID-19 and community unrest. It walks you through how these events may affect your mental health. It gives guidance, tips, and other helpful information on how to cope with these events.

There is also information for those who want to support loved ones who may need help. If you are wondering if your partner, friend, family member, or loved one is in crisis, 988 offers guides such as:

- How to know if your loved one needs your help.
- The different ways you can help.
- How to safely use social media to support those in crisis.
- "Know the lingo" of mental health and suicide prevention.
- How to support yourself as someone with a loved one in crisis



On the Stories of Hope and Recovery page, 988 shares stories from various survivors. You can watch the videos provided or read through the written stories. You can even sort by topics relevant to you, such as PTSD, addiction, eating disorders, etc.

Take Action

Now you know the 988 Lifeline is more than just a suicide prevention hotline. Call, text, chat, or visit the 988 website to learn more about your mental health and how to support a loved one.

Resources

- [988 Suicide & Crisis Lifeline](#)
 - [Find a Therapist](#)
- [Resources for the Black Community](#)
- [Resources for Native Americans and Alaska Natives](#)
 - [Veteran Resources](#)
 - [LGBTQ+ Resources](#)
- [Resources for Other Communities](#)
[Recovery and Hope Stories](#)



Your EAP Representative listed in the box below can help with finding resources also.



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical


diagnoses or clinical evaluations; however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: pms Schultz@att.net

988 SUICIDE & CRISIS LIFELINE



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988 is confidential, and available 24/7, to connect those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors.

Call or text 988 to reach the 988 Lifeline
988Lifeline.org