

Suicide Prevention Toolkit

988
SUICIDE & CRISIS
LIFELINE

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

In English

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the lead federal agency in the Federal Communications Commission's Department of Veterans Affairs, the promise of 988 is a reality for America. The 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 service 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.**



SAMHSA



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988
LINEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS

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

In Spanish

La Administración de Servicios de Abuso de Sustancias y Salud Mental (SAMHSA) es la agencia federal líder en la Comisión Federal de Comunicaciones y el Departamento de Asuntos de Veteranos, la promesa del 988 es una realidad en Estados Unidos. El código de marcación 988 es una **oportunidad de una vez en la vida** para 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.**

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.**

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



SAMHSA



tinyurl.com/ys3zhs8t

Suicide Prevention Resources

Support Hotlines

- National Suicide Prevention Lifeline: 988 or 1-800-273-8255
- NAMI Crisis Text Line: Text NAMI to 741-741
- NAMI Chicago Helpline: 833-NAMI-CHI
- NAMI Southeast Wisconsin: 414-257-7222
- The Friendship Line: 1-800-971-0016
- Crisis Text Line - HOME to 741741
- SAMHSA's National Helpline - 1-800-662-HELP (4357)
- Maternal Mental Health Hotline - 1-833-9-HELP4MOMS



Resources for your congregation and community

- Centers for Disease Control and Prevention Suicide Resources
- American Foundation for Suicide Prevention
- Talk Saves Lives
- Warning Signs of Suicide: What to do if You Suspect Someone is Thinking About Suicide: NAMI, English version, Spanish version
- #BeThe119 campaign materials
- Faith.Hope.Life suicide-prevention campaign for faith communities.
- Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency: NAMI, English version, Spanish version
- Mental Health Ministries Suicide Prevention Resources
- Suicide Prevention Resource Center - Faith Communities Resources
- The Role of Faith Communities in Suicide Prevention - a Guidebook for Faith Leaders

Suicide Prevention Training Programs

- eCPR (Emotional CPR)
- QPR: Question, Persuade, Refer
- Companionship: A Way of Presence
- Mental Health First Aid

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Faith Communities: a Natural Setting for Suicide Prevention

Faith communities provide a natural setting for suicide prevention. Spiritual beliefs and practices can help people experience greater hope and meaning in their lives. Faith communities also can provide opportunities for developing positive relationships with others and can be an important source of support during difficult times.

Faith communities can raise awareness of suicide, including its warning signs, how to support those at risk for suicide and where to access help, through flyers, posters, newsletter articles, online classes and other outlets.

Other ways faith communities can make a difference:

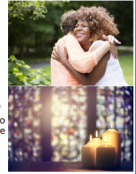
- Create a support group for suicide loss survivors - friends and family members affected by the suicide loss of a loved one.
- Have plans in place to respond to people showing warning signs of suicide.
- Offer support to members facing challenges with their relationships, jobs, health, or other concerns.
- Expand options for temporary help for those struggling to make ends meet.
- Encourage members to seek help, and provide referrals to mental health, substance use disorder, legal, or financial counseling services as needed.
- Apply policies that create a healthy environment and reduce stigma about seeking help.

Source: Suicide Prevention Resource Center

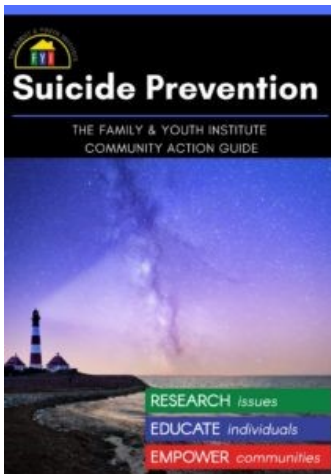
Prayer: Guide us in caring for one another. Give us courage to reach out to those experiencing pain of mind and spirit. May we share Your comfort and love with them.

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tinyurl.com/2p8v3pab



tinyurl.com/5dme8ydh



Watch the National Weekend of Prayer for Faith, Hope, and Life video to learn more about this national movement and how you can get involved.



tinyurl.com/35fyn5pr



African American faith leaders share their lived experiences, address stigma and the importance of using the 988 Suicide & Crises Lifeline in this public service announcement.



tinyurl.com/2u6hyjy4



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