

# 988 SUICIDE AND CRISIS LIFELINE

988

The 988 Lifeline is a national network of over 200 local, independent crisis centers equipped to help people in mental health-related distress or experiencing a suicidal crisis via call, chat, or text. The 988 Lifeline provides free and confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.

988 offers 24/7 access to trained crisis specialists who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

From SAMHSA: <https://www.samhsa.gov/find-help/988>

## MHAI launches 988 Lifeline



**Mental Health America of Indiana, Crisis Services Pillar, launched its 988 Suicide and Crisis Lifeline call center on March 13, 2023.** The MHAIA 988 program will work with the existing 988 centers and FSSA/DMHA to provide a phase of the crisis continuum - **someone to call**.

The development of the program integrated feedback from statewide stakeholders gleaned from the IN 988 Task Force and subcommittees. Key points included workforce readiness which addresses training, stress management and lived experience.

Comprised of a dynamic and diverse workforce, including lived experience, the team completed over 90 hours of in-person and virtual training preparing to support Hoosiers. In addition, the team will receive ongoing professional development. Taking care of the workforce is critical for the program's success; therefore, a resilience plan was developed to support the team's well-being.

MHAI would like to take a moment to thank everyone who has supported these efforts, including FSSA/DMHA, MHA Wabash Valley, A Better Way, Crisis Center, and Remedy Live.

MHAI is honored to fulfill this role for our fellow Hoosiers.



### **Need Support Now?**

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org)



## WHAT'S YOUR WHY

Everyone deserves to feel supported and heard. MHAI supports mental health for callers and staff. I feel passionate about letting others know that they are not alone on their journey.

- 988 Lifeline Crisis Specialist, E.