

**988**

# Suicide & Crisis Lifeline

Now Available to Call from Tablet or Phone



## About 988

- 988 is a national hotline you can call for free and confidential support if you are experiencing mental health or substance use issues.
- You will be connected with trained counselors who offer compassionate care and resources tailored to your needs.
- The hotline is accessible in multiple languages including English and Spanish.
- 988 is not a replacement for utilizing DOC mental health supports. It is a supplement available for non-crisis issues.
  - If your call rises to the level of a crisis, 988 staff will refer you to your DOC staff for immediate supports. **Do not call 988** if you are in crisis. Please declare a mental health emergency by letting staff know.
- 988 is not run by the Department of Corrections.

**You are encouraged to reach out to DOC Mental Health staff for follow up care.**

- Kite mental health for appointment
- Kite medical/psychiatry

## When to Use 988

- Call 988 if you are in need of someone to listen to you, access to non-emergency support, or to get clarity during a difficult time.
- 988 is a judgment-free connection with someone who understands, provides encouragement, and offers helpful resources.
- 988 provides you with personal support to create a bridge for understanding and assistance.

## When Not to Use 988

- If you or someone you know are experiencing a mental health emergency or having suicidal thoughts while in prison, inform DOC staff **immediately. Do Not Call 988.** Onsite DOC staff are equipped to provide or connect you with the necessary services.
- 988 is a valuable resource for support but it is not a substitute for the mental health services available at your facility.
- Seeking help from onsite medical and/or mental health ensures timely and appropriate support

## For Emergencies and Crisis

- Alert a DOC staff member immediately and let them know you are having a mental health emergency.