To the Incarcerated Population,

[insert notification if we choose to do so here]

As a reminder, you matter. There are people who care about you and want to help. Your facility has mental health staff and programs that can support you during hard times and help you feel better.

DOC has made a speed dial to reach the DOH ran Crisis Hotline “988” available in all prisons. When you dial “988” on phones and tablets, you will be connected with a trained counselor who can give you emotional support and resources. The 988 Lifeline is available to you for NON-crisis situations and to get support during tough times.

Calls to 988 are anonymous. The 988 Lifeline is run by the Department of Health, and DOC will not monitor or record calls to 988. However, if you call 988 and your call rises to the level of a crisis, the 988 counselors may inform your facility so you can get the care you need.

**If you are in crisis, declare a mental health emergency and seek help from DOC staff right away.

**988 should NOT be used as a life-saving measure. You should declare a mental health emergency if you or someone else is in danger.

If you’re feeling overwhelmed or in distress, here are some things you can try:

- Talk to ANY staff member
- Make an appointment to see mental health staff
- Speak with a peer or someone you trust
- Call or message a family member or friend
- Join a faith-based service or other programs
- Write down your thoughts—even if you throw them away
- Take deep breaths or meditate
- Exercise or go outside during yard time
- Listen to music that helps you feel better

If you notice someone else is struggling, you can help by:

- Encouraging them to talk to staff

- Listening and reminding them they’re not alone
- Helping with tasks they find hard
- Giving them hope and support

Asking for help is a sign of strength. It takes courage to speak up, and there’s no shame in needing support. We all face challenges, and we all deserve help.

If you or someone you know is showing signs of distress—like pulling away from others, feeling hopeless, or talking about self-harm—please tell staff and check in with that person. You could save a life.

You are not alone. We are here to help.

Sincerely,

[signature]