



# IS SOMEONE YOU KNOW EXPERIENCING A MENTAL HEALTH CRISIS?

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CALL, TEXT OR CHAT 24/7.  
[988INDIANA.ORG](https://988INDIANA.ORG)

## 988 IS A LISTENING EAR.

Indiana 988 offers a way forward, the beginning of getting help and someone who gets you. The 988 Suicide and Crisis Lifeline is a direct connection to specialists who are trained in suicide and crisis prevention. If you or someone you know is experiencing a mental health or substance use crisis, you can call, text or chat 988 from anywhere in Indiana 24/7.



# WHAT HAPPENS WHEN SOMEONE CONTACTS 988?

988 Indiana offers a direct connection to Someone to Contact, Someone to Respond and a Safe Place for Help.



## SOMEONE TO CONTACT

Individuals contacting 988 talk to a trained crisis specialist prepared to help anyone experiencing suicidal thoughts or other mental or substance use crises.



## SOMEONE TO RESPOND

When needed, individuals contacting 988 can receive face-to-face assistance from a small team of mental health specialists. In most cases, one member of the team will be a trained mental health/crisis counselor, and another will have lived a mental-health-crisis experience, offering an important level of empathy.



## A SAFE PLACE FOR HELP

When needed, individuals contacting 988 can also receive a higher level of mental health assistance. If mutually agreed, they can be transported to a local safe place to receive short-term assistance with a goal of stabilization and preparation for return to their community.

**IF SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH OR SUBSTANCE USE CRISIS, ENCOURAGE THEM TO**

**CALL, TEXT OR CHAT 988.**



**WANT MORE INFO?  
SCAN THE QR CODE.**