

Frequently Asked Questions about 988 Indiana.

WHAT IS A "SAFE PLACE FOR HELP"?

A Safe Place for Help is a short-term, stable environment designed to give individuals relief from stress and access to mental health resources.

DO I HAVE TO GO THROUGH 988 INDIANA TO GET A SAFE PLACE FOR HELP?

No. While 988 Indiana can help connect you, individuals can also enter a Safe Place for Help directly without contacting the 988 Lifeline.

WHAT HAPPENS AT A SAFE PLACE FOR HELP?

At a Safe Place for Help, you'll receive short-term support and be connected with mental health resources to help after you leave.

CAN MOBILE CRISIS TEAMS COME TO ME?

Yes. If appropriate, mobile crisis teams can meet individuals where they are to provide support and avoid escalation to higher levels of care.

IS THE 988 LIFELINE ONLY FOR PEOPLE WITH SUICIDAL THOUGHTS?

No. 988 Lifeline is for anyone experiencing a mental health or substance use crisis or emotional distress.

WHY SHOULD I TRUST THE 988 INDIANA LIFELINE?

988 Indiana crisis responders are trained to support you with compassion and care. They are here to help, not to judge. All connections to 988 Indiana are anonymous.

Experiencing
a mental health or
substance use crisis?

Call, text or chat 988.



WANT MORE INFO?
SCAN THE QR CODE.



WHEN
YOU NEED
SOMEONE
WHO GETS
YOU, THEY
GOT YOU.

CALL, TEXT OR CHAT 24/7.

988INDIANA.ORG



988 Indiana is a 24-hour suicide and crisis lifeline accessible by call, text or chat and staffed by trained crisis specialists prepared to help anyone experiencing a mental health or substance use crisis.



988 & 911

WHAT'S THE DIFFERENCE?

988

PURPOSE

A personal mental health or substance use crisis.

SERVICES

Immediate assistance and connection to any necessary additional services, only as requested by the person initiating the connection.

911

PURPOSE

Physical dangers, often related to accidents or criminal activity.

SERVICES

Immediate response by police, fire department or emergency medical service.

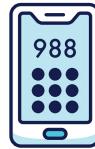
For every crisis, a continuum of care.

Built around a three-pillar system, 988 Indiana gives those in need Someone to Contact, Someone to Respond and a Safe Place for Help.



SOMEONE TO CONTACT

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



SOMEONE TO RESPOND

When needed, individuals connecting to 988 Indiana 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 connecting to 988 Indiana can also receive a higher level of mental health assistance. If mutually agreed, callers 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.

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WHAT IS A "SAFE PLACE FOR HELP"?

You can reach the Lifeline anytime by calling, texting or chatting 988.

WHO CAN USE THE 988 LIFELINE?

Anyone can use it—whether you're in crisis yourself or concerned about someone else. You can call, text or chat on behalf of a friend or loved one.

WHO ANSWERS THE CALLS, TEXTS AND CHATS?

Most contacts are answered by trained, nonjudgmental crisis specialists based in Indiana who are dedicated to helping you.

WHAT KIND OF HELP WILL I GET WHEN I CONTACT 988?

You'll talk to a trained crisis specialist who will listen, support you and help determine next steps. They can also connect you with local resources if needed.

WHAT HAPPENS IF I NEED MORE THAN JUST A CONVERSATION?

If needed and agreed upon, mobile crisis teams can meet you in person, help you decide the next steps, and even assist with getting to a Safe Place for Help.

CALL, TEXT OR CHAT 24/7 • 988INDIANA.ORG