

MAY 3, 2023

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



988 SUICIDE & CRISIS LIFELINE

Help us spread the word about the 988 Suicide & Crisis Lifeline during May, Mental Health Awareness Month. People in distress, crisis, or struggling with alcohol or substance use can text, call, or chat 988 anytime, day or night. 988 is a three-digit dialing code for the Suicide and Crisis Lifeline. When you call, text, or chat 988, you'll be quickly connected to trained crisis counselors who will listen to your concerns, provide support, and get you additional help if needed. There is HOPE. The Lifeline WORKS. You are not alone in crisis. Just call, text, or chat 988.

If someone you know is talking about or making plans to hurt themselves, take it seriously. Let them know there is hope and encourage them to reach out to a mental health professional or call or text 988 for help. Learn the warning signs of suicide to save a life. Some of these include:

- Talking about or making plans for suicide.
- Talking about feeling hopeless.
- Talking about being a burden to others.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated.
- Behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Everyone matters during Mental Health Month and every day of the year. If it is needed, support is at your fingertips. Learn more at 988lifeline.org.