



Resources for Faith Communities

988 Reasons to Share One Number: Call, Chat or Text 988.

No matter what your faith tradition, and no matter the size of your community, the people you serve may be carrying things you cannot always see.

This toolkit gives you everything you need to hold space for those things this September:

- Understanding 988: What it is and how to reach it
- Announcement: What to say: Text and talking points for your community
- Suicide Prevention and Mental Health Resources with QR codes for quick access

How	What to Do	Good to Know
Chat Online	Start a chat with a counselor in text: https://chat.988lifeline.org/	Available in English and Spanish.
Call 988	Dial 988 on any phone. A brief message plays, then a trained counselor answers.	Works on any phone including landlines. Available in English and Spanish.
Text 988	Text any message to 988. A counselor responds within minutes.	Good for people who prefer not to call or cannot speak aloud.
Deaf or Hard of Hearing	ASL users: call 988 Videophone. Chat 24/7 at 988lifeline.org . Text 988. TTY users: use your preferred relay service or dial 711, then 988.	Multiple accessible options available. Chat and text are fully accessible for deaf and hard of hearing users.
For Veterans	Call 988 and press 1. Or visit veteranscrisisline.net .	Counselors trained specifically in veteran mental health.
En Español	988 is available in Spanish by call, text, and chat. https://988lifeline.org/es/inicio/	Chat en Español disponible. Interpreters available by phone.
150+ Languages	Call 988 and request an interpreter. No English required.	Interpretation is available in over 150 languages.

What Is 988?

The 988 Suicide & Crisis Lifeline is free, confidential support for anyone in suicidal crisis or emotional distress — available 24/7, across the United States and its territories, through a network of over 200 local crisis centers.

What Actually Happens When Someone Calls, Chats, or Texts?

A real person answers. No recording.

You do not have to be in immediate danger to reach out. If you are struggling, overwhelmed or in emotional pain, that is reason enough to reach out.

988 is not a service that automatically sends emergency responders. It is a confidential conversation with a real person.

Announcing Suicide Prevention Month

For reading aloud or printing in your community announcements:

September is Suicide Prevention Awareness Month

988

SUICIDE & CRISIS
LIFELINE

If you or someone you love is struggling, help is available.

The **988 Suicide & Crisis Lifeline** is confidential and answered by a real person.

24 hours a day, any day of the year.
Suicide is preventable. Healing is possible.

Call, chat or text 988

Introducing 988 in a One-on-One Conversation

“ There is a number I want you to know. It’s 988 — the 988 Suicide & Crisis Lifeline. If you’re ever struggling and need someone to talk to, you can call or text this number. It is confidential, and someone will answer. You don’t have to be in a full crisis to reach out.

“ I keep this number on my phone. Not just to share with others, but because I trust they can help and I might need it, too. 988. Call, chat or text, any time.

From the Front of the Room in a Community Gathering

“ Suicide is preventable and healing is possible. One of the most important things our community can do this September is make sure everyone who is struggling knows where to find help. Call, chat or text 988.

“ Our tradition calls us to walk alongside one another in the hard seasons. September is Suicide Prevention Awareness Month, and this community is committed to being a place where people can be honest about struggling. If you need support, please reach out to me, to someone you trust, or call, chat or text 988.

On Hope

“ Healing is possible. People come through crisis. People survive loss and they find their way back. Reaching out to 988 or to someone you trust is where that journey so often begins.

On Serious Mental Illness

“ Some of the people we love most carry conditions that make every day harder than most of us can understand. Serious mental illness is real, it is not a moral failing, and it is treatable.

If you or someone you love is living with a serious mental illness and struggling, 988 is one door to support. SAMHSA’s Early SMI Treatment Locator at samhsa.gov/find-help/locators/esmi can help connect you or your family member to coordinated care.

For Members of your Community Who are Deaf or Hard of Hearing

If someone in your community is deaf or hard of hearing, 988 is still there for them. ASL users can call 988 Videophone. Anyone can chat 24/7 at 988lifeline.org. Text is also always an option, just send any messages to 988.

Safe Language — Know the Difference

Avoid	Use Instead
“Committed suicide”	“Died by suicide”
Describing the method	Focus on the person and the path to healing
“Successful” or “unsuccessful” attempt	“Attempt survivor” or “lost their life to suicide”
Calling suicide “selfish” or “a sin”	Language centering compassion and complexity
“Suicide is inevitable”	“Suicide is preventable. Healing is possible.”

Additional Suicide Prevention and Mental Health Resources

SAMHSA National Helpline

Confidential treatment referral and information. 24/7.
English and Spanish.

1-800-662-4357

Veterans Crisis Line

Veterans and service members in crisis.

Call 988, press 1

veteranscrisisline.net

FindTreatment.gov

Locate certified treatment facilities. Confidential and anonymous.

[Findtreatment.gov](https://findtreatment.gov)

FindSupport.gov

Find care and support for mental health, drugs, or alcohol.

[Findsupport.gov](https://findsupport.gov)

Early Serious Mental Illness Treatment Locator

Find coordinated care for serious mental illness near you.

samhsa.gov/find-help/locators/esmi

Suicide Prevention Awareness Month Faith Toolkit

Faith communities are often the first place people turn when they don't know where else to go.

This September, SAMHSA has resources designed specifically for faith leaders and faith-based organizations ready to use and share with your communities, so you know what to say and how to help.



Find the complete social media toolkit:

<https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month/toolkit>



STRONGER TOGETHER: CONNECT. SUPPORT. PREVENT.

SAMHSA's faith and community engagement work directly advances the goals of the Great American Recovery Initiative by strengthening the community networks and trusted voices that help individuals and families find pathways to hope, healing, and recovery.

Learn more:

<https://www.samhsa.gov/communities/faith-based-community-engagement>

SAMHSA
Substance Abuse and Mental Health
Services Administration