



# Know 988 + Pass It On

*A Resource For Black/African Ancestry Communities*

Help us raise awareness about 988 and accessing crisis services so that urgent mental health care and support are available to anyone, anywhere, anytime.

## What Is It...

988 is the nationwide, three-digit dialing code connecting people to the 988 Suicide and Crisis Lifeline. It was created as **an anonymous Lifeline for people experiencing a mental health, substance use or suicidal crisis available in every community.**

When you call, text or chat with 988, you will be connected with a **trained counselor who will offer compassionate and accessible care and support.** 988 serves as a triage and offers next steps to take, resources and referrals to community care.

## When To Use It...

The most common calls to 988 are for mental health, substance use or suicidal crises. The good news is that **all calls to 988 are welcome.** Regardless of your level of crisis, you can and should contact 988 for support. You can also reach out to 988 if you see a friend, family member or another person in your community in need.

## Why Sharing This Information Is Vital

Each one, teach one. Sharing this information is vital. Understandably, you may have concerns about using 988 because it may result in a law enforcement response. However, **proper use of 988 helps us prevent responses to mental health crises that end in arrests or worse** — too often in minoritized and under resourced communities.

Head over to [www.reimaginecrisis.org](http://www.reimaginecrisis.org). You'll learn about 988 and how you can get more involved.



By knowing 988 and spreading the word, we can help people connect with care and support. Together we can reduce mental health crises with a shared sense of urgency through our **CRISIS CAN'T WAIT** Campaign. Join us by learning more about this campaign and NAMI's Community Health Equity Alliance initiative, created to improve access to care for people experiencing serious mental health conditions in Black/African Ancestry communities, visit [chea.nami.org](http://chea.nami.org).

