



MAY IS MENTAL HEALTH MONTH

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988 Coming Soon: New Number to Call for People Facing Mental Health Crises

Each year millions of Americans face the reality of living with a mental illness. In May, NN4Y joins the national movement to raise awareness about mental health.

Mental health challenges and crises are widespread. This is why resources and support for people facing mental health and substance use crises must be just as widespread. Starting July 16, 2022, it will become even easier for people living with these challenges to get the help they need. **If you or someone you know needs to be connected to someone who will understand what you're going through and how to help, they can soon call 988 to be directly connected with a trained crisis counselor at the National Suicide Prevention Lifeline. Note: 988 will not be available to everyone until July 16, 2022.**

In the meantime, if you or someone you know is in crisis, please continue to contact the National Suicide Prevention Lifeline at 1-800-273-8255 or the Crisis Text Line by texting MHA to 741741.

I AM HERE: ID AND VITAL DOCUMENT LEGAL HOTLINE FOR YOUTH

1-833-743-4343

MAY 2022 HOTLINE HOURS

TUESDAYS + THURSDAYS | 12:00 PM - 8:00 PM EST



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