



## Important Mental Health Updates from the Westport Community Schools

The Department of Mental Health has launched a new [Behavioral Health Help Line](#) that people can call or text at 833-773-2445. It is available 24 hours a day, seven days a week in more than 200 languages. The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services. For more information, please see the [FAQ](#). Anyone with questions or concerns about the help line can email the help line director at [Mio.Tamanaha@mass.gov](mailto:Mio.Tamanaha@mass.gov).

**988** has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

**The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.**