

Crisis Line Resources

Do not be afraid to call

*These resources are available to help in a time of crisis.
It can be difficult to make the call, but that call may save a life.*



The 988 Suicide and Crisis Lifeline, and the Veterans Crisis Line (VCL), offer free, 24/7 access to a counselor who is trained to support people experiencing mental health distress, suicidal crisis or substance use crisis. You can also dial 988 if you are worried about someone else.

What to Expect When You Call 988 or Veterans Crisis Line (VCL):

What will happen when you contact 988 or VCL?

A trained crisis counselor will respond to your call or text. The counselor will listen, ask questions to understand how problems are affecting you, provide support, and share resources that might be helpful.

Questions you may be asked:

- Are you currently having thoughts of suicide, or do you have a history of suicidal thoughts or actions?
- Where are you located?
- Do you have access to firearms?
Do you have a plan?
- What has led you to this point?
- What type of support system do you have?
- Have you ever seen a mental health provider?

What if I call on behalf of someone else?

You may be asked all of the questions above, as well as questions about the person you are calling for. This is to ensure that you are safe and not experiencing secondary trauma from assisting someone else in a suicidal crisis. Resources may also be provided to you as a support person of someone in crisis. You may be asked how you know the individual and/or how this has affected you. It is important to know the information you share will remain confidential.

What to Say When Calling 911 Regarding Suicide.

- Clearly identify you are calling about a mental health crisis.
- Notify dispatch whether you are calling for yourself or someone else.
- Be clear with your words. Say "I am suicidal," or "I am calling because of a suicidal individual."
- Provide information regarding location and access to the location.
- Be an advocate for yourself or the individual you are calling for. For example, "It's best to show up without lights or sirens; individual does not feel comfortable with attention."
- Identify if there are weapons accessible. If so, ensure the officers know where they are located and if they could be a direct threat.
- Identify if there are pets on site.
- Provide status of yourself or the individual. For example, indicate, "Currently intoxicated," "Non-confrontational but can be agitated if feels forced or treated poorly," or "Non-violent individual."
- The more information you provide, the calmer a difficult situation will become.

WHEN TO CALL 911:

If you need immediate support from law enforcement or emergency medical services, or if there is an immediate threat of violence to oneself or others, call 911.

WHO YOU CAN CALL:

- Mental Health Clinician
- 911
- 988 or Crisis Lines
- Text Crisis Line 741741

FEDERAL EAP SERVICES:

ESPYR (EAP)
www.espyr.com
1-800-869-0276
(DOI) OR
1-833-621-2989
(USFS)
Call, Chat, or Text
Federal Employees
receive 6 FREE
sessions with
a counselor.

RESOURCES:

National Suicide & Crisis Lifeline
<https://988lifeline.org/>
Dial or text 988
Veterans Crisis Line
<https://www.veteranscrisisline.net/>
Dial 988 and press 1
or Text 838255



If you are experiencing thoughts of suicide or are in distress, dial or text 988 for free, confidential support available 24/7.

988 SUICIDE & CRISIS
LIFELINE