

988

SUICIDE & CRISIS LIFELINE Promotional Materials

Please email Alex Withers with contact information (name, email, phone number, and physical address), which items you would like and the number of each. We will attempt to fulfill all requests.

Alexandria.Withers@dmh.mo.gov

988 Suicide &
Crisis Lifeline
Poster
(English)
225 per pack



988 Suicide &
Crisis Lifeline
Poster
(Spanish)
225 per pack



988
**LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS**


Si tú o alguien que conoces
necesita apoyo,
llama al 988
(servicio en español)
o envía un texto al 988
o chat vía 988lifeline.org
(en inglés).



PEP22-05-03-008


There is hope Poster

225 per pack




There is hope.

If you or someone you know
needs support now,
call or text **988**
or
text **988lifeline.org**



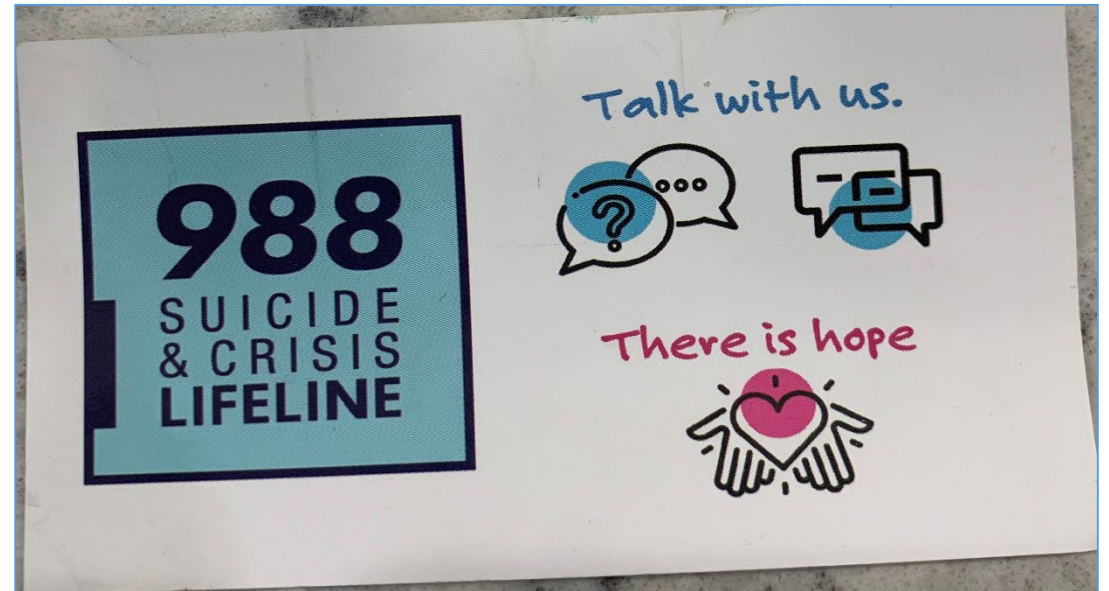
988 SUICIDE & CRISIS
LIFELINE



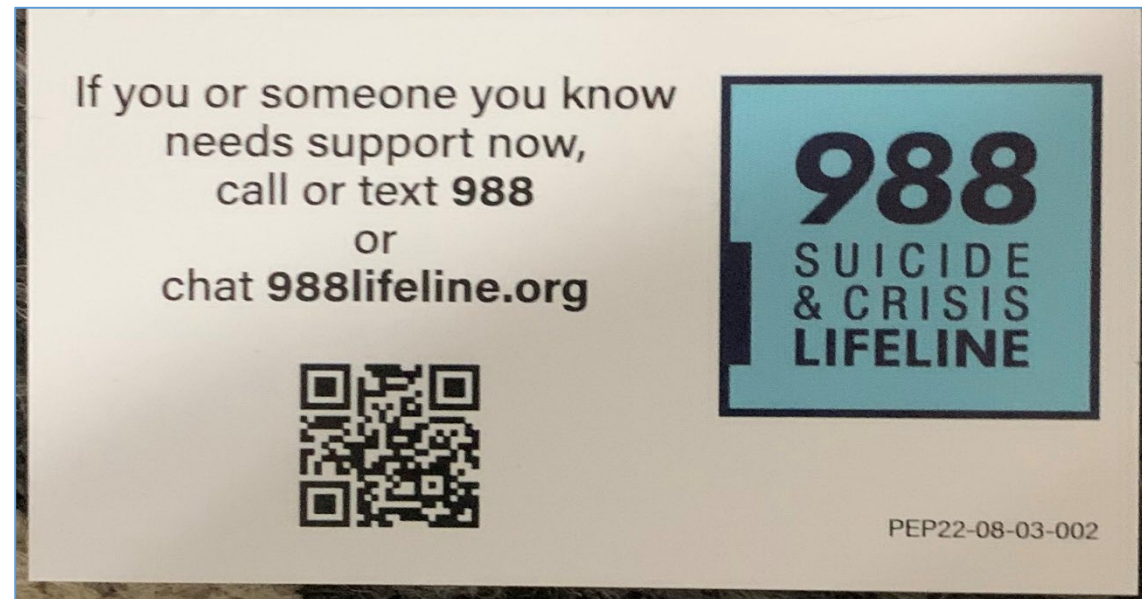
PEP22-08-03-005

988 Suicide & Crisis Lifeline Wallet Card (English) *50 per pack*

FRONT



BACK

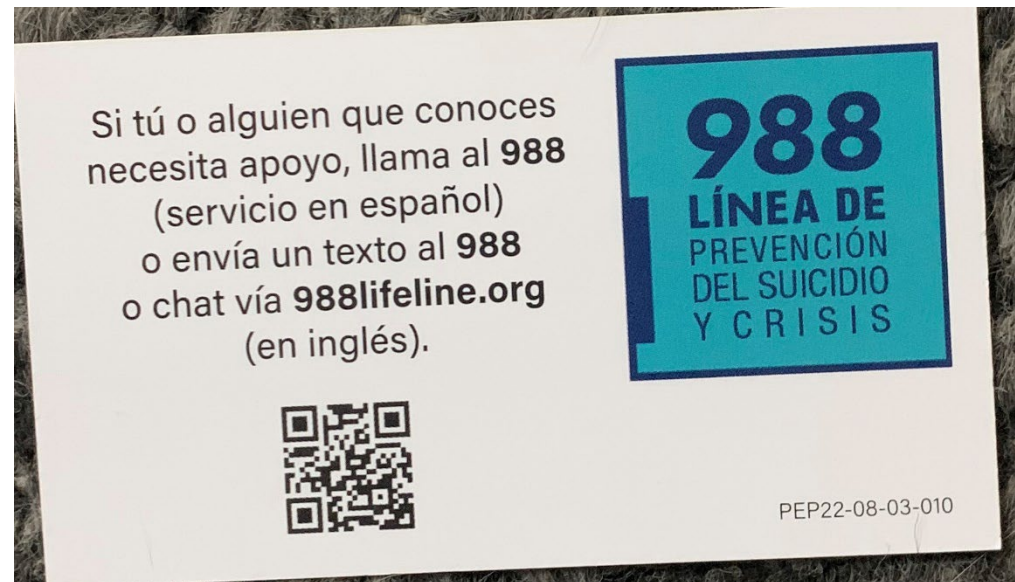


988 Suicide & Crisis Lifeline Wallet Card (Spanish) *50 per pack*

FRONT



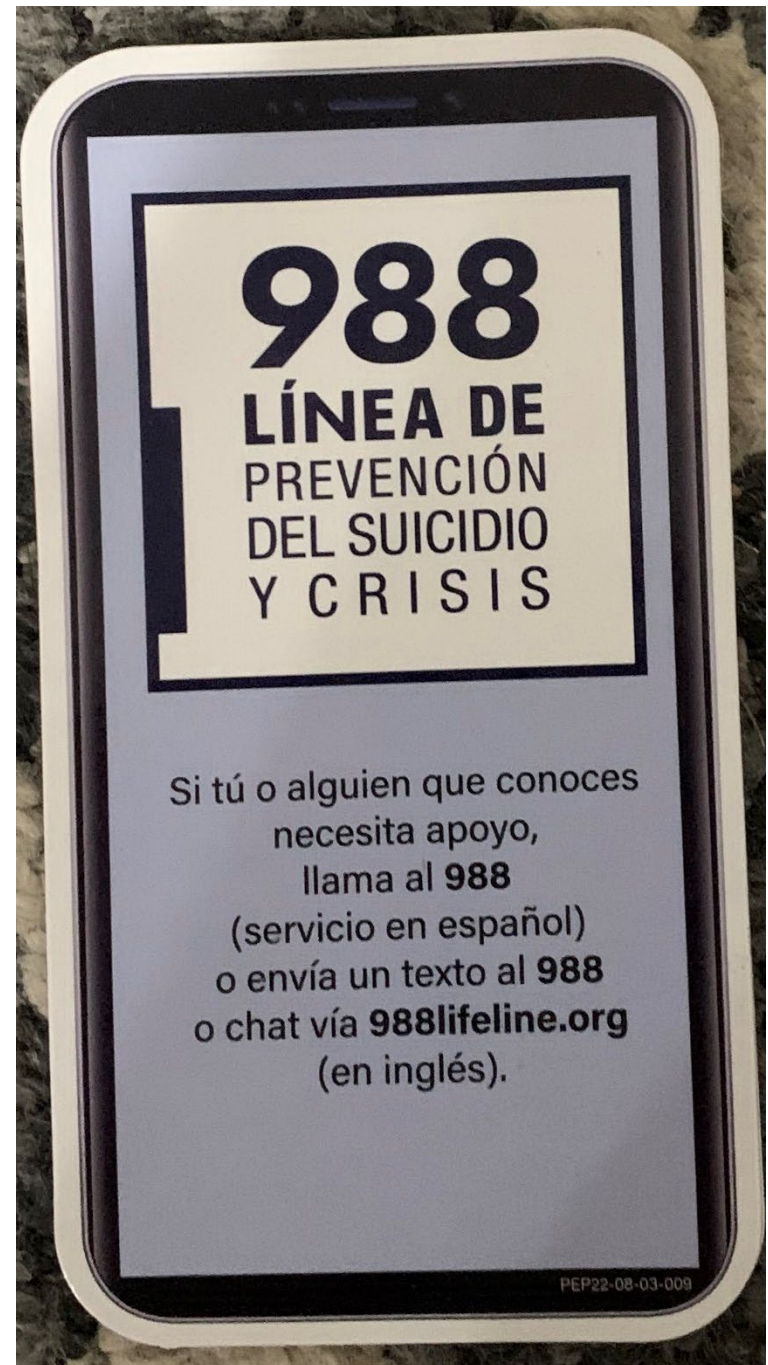
BACK



988 Suicide &
Crisis Lifeline
Magnet
(English)
50 per pack



988 Suicide &
Crisis Lifeline
Magnet
(Spanish)
50 per pack



Safety Plan Notepad

Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____

Local Urgent Care or Emergency Department:
Address _____ Phone _____

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)

