



ARCHDIOCESE OF NEW YORK FAMILY LIFE

“988” Messaging and Other Resources for Suicide Prevention Month (September) and Respect Life Month (October)



As you may know, the **Suicide Prevention Lifeline** changed this July from a 10-digit 800 phone number to a new, 3-digit number - **988**. Similar to the ease of 911 for emergencies, people can dial, text, and chat this simple phone number if there is a mental health or suicidal concern, or emergency situation. 988 is free, confidential, and available 24/7/365, in English and Spanish, along with interpretation services in over 150 languages.

As we approach Suicide Prevention Month in September, and Respect Life Month and Domestic Violence Awareness Month in October, here are some resources concerning mental health and suicide [prevention] that you may want to share in bulletins, social media, and digital communications:

- To access the 988 Suicide & Crisis Lifeline website: <https://988lifeline.org/>.
- For social media graphics, see this link: <https://988lifeline.org/media-resources/>.
- For more information about the Lifeline, how you can support, and what happens when you contact the lifeline: <https://988lifeline.org/current-events/the-lifeline-and-988/>.
- Another excellent and alternative crisis line is the **Crisis Text Line (741741)**. This is best for texting, sending messages via WhatsApp, and FaceTime videoing. For more information, visit their website: <https://www.crisistextline.org/>.
- The Family Life Office website offers more information, including a webinar for parents on how to prevent suicide among our youth. Look under “Youth Suicide and Depression” on the Family Life Office’s Parenting webpage: <https://archny.org/ministries-and-offices/family-life/parenting/parents/>
- **ADAPP** (Archdiocese of New York Drug Abuse Prevention Programs) offers a variety of workshops and trainings for youth, school staff, parents, and community groups. Trainings focus on substance misuse and addiction prevention, bullying and school violence, trauma and crisis management, and topics related to mental health and wellness. Several excellent videos on suicide prevention and postvention can be seen here (be sure to press the links in the subheadings): <https://suicide-prevention.connectwithkids.com/overview/>
- The following is an excellent link for suicide information from National Catholic Partnership on Disability, especially information on postvention resources: <https://ncpd.org/disabilities-ministries-specific-disabilities-mental-illness/suicide>.



For questions or additional information, contact the Family Life Office: Sue DiSisto at 646.794.3191 (for English), and Yorleni Tavarez-Sanchez at 646.794.3199 (for Spanish).