

## **TOOLBOX TALK #13**

### **EMPLOYEES STRUGGLING WITH MENTAL DISTRESS**

It's been more than 20 years since the launch of the 988 Suicide and Crisis Lifeline. People in need can call or text 988 as well as chat online at [www.988.gov](http://www.988.gov).

Use of the lifeline, which is funded by the Substance Abuse and Mental Health Services Administration, is free. And you're not required to provide any personal information.

The 988 website provides a short list of what you can expect when calling the lifeline:

- You'll hear a message with an overview of service options. Services are available in English and Spanish.
- 988 will play hold music while connecting you with a counselor for your specific needs or a local 988 lifeline contact center. For veterans, the phone will ring until a counselor can answer your call.
- A counselor will greet you and introduce themselves.
- The counselor will ask if you're safe.
- Your counselor will then listen, understand how your problem is affecting you, provide support and share resources that may help

World Mental Health Day is held every year in October. Share information with you coworkers during your next team meeting.

