



**CALL
OR
TEXT**

988

**MENTAL
HEALTH
LIFELINE**

HEALTHCARE PROFESSIONALS TOOLKIT

As a healthcare worker, your career is physically, emotionally, and mentally demanding.

You help people in their most vulnerable moments. All of that stress and responsibility would take a toll on anyone's wellbeing. That's nothing to be ashamed of. It's time to shift from stigma about our mental health.

988 is a three-digit mental health lifeline that connects Oklahomans with free mental health resources, for themselves or for someone they care about. With each call or text, we're starting conversations that could save a life and giving Oklahomans permission to talk openly about their mental health. Many for the first time.

This toolkit will give you the resources to share 988 with your patients and peers, and most importantly, it will help you see the power in prioritizing your own mental health. Let's get started.

Table of Contents

What is 988?	3
The Facts	4
Conversation Starters	5
Self Care Ideas	6
Know the Signs	7
Social Assets	8
Outreach Cards	9
Coloring Pages	10
Posters	11

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#ShiftFromStigma

WHAT IS 988?

988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.

**GETTING HELP CAN BE HARD.
SO WE MADE IT EASIER.**

The mental health professionals on the other end of the line are here to help guide you.



CALL THE LIFELINE

It all starts when you call 988. You'll be connected to a mental health professional to talk you through what's going on and get the resources you need for either yourself or your loved one. About 80% of the time, things can get sorted out with just a phone call. But if you need more help, we got you.



CONNECT WITH A MOBILE CRISIS TEAM

If you or your loved one need more help after your initial phone call, the 988 call center will send a mobile crisis team to assess things and intervene if necessary. About 7 in 10 crises can be resolved at this touchpoint.



GET TRANSPORTATION

Some people need more in-depth care. If this is the case, transportation will be provided to help Oklahomans in need safely arrive at an Urgent Care and Crisis Center. In metro areas, transportation will be provided by law enforcement. If the closest center is more than 30 miles away, we'll connect you with a private transportation service to get you the help you need.



CHECK IN AT AN URGENT CARE AND CRISIS CENTER

For those of us that need higher touch help, an Urgent Care and Crisis Center has your back. These centers are staffed 24/7/365 with licensed local medical professionals, nurses, and peers who have been through it themselves. Every center accepts both drop-offs from first responders and walk-ins.

To learn more about how 988 works, visit

988oklahoma.com

@988OKLA



THE STATE OF OKLAHOMA'S MENTAL HEALTH

1 IN 5 OKLAHOMANS
EXPERIENCE
A MENTAL ILLNESS
EVERY YEAR THAT'S AROUND 789,800 folks.

4.1% OF ADULTS
IN OKLAHOMA
SERIOUSLY
CONSIDERED SUICIDE
IN THE PAST YEAR.

EACH WEEK
300 OKLAHOMANS
ARE ADMITTED FOR
URGENT CARE OR CRISIS
MENTAL HEALTH SERVICES.

5.6%
OF ADULTS IN OKLAHOMA
EXPERIENCE A SEVERE
MENTAL ILLNESS
(SMI)

OKLAHOMA HAS THE
14th HIGHEST RATE
OF ADULT MENTAL ILLNESS.

6.7% OF ADULTS
LIVE WITH BOTH
A SUBSTANCE USE
DISORDER AND
A MENTAL ILLNESS.

SUICIDE
IS THE **9TH** LEADING
CAUSE
OF DEATH IN
OKLAHOMA

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SOURCES: OKLAHOMA DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES, CENTERS FOR DISEASE CONTROL AND PREVENTION, MENTAL HEALTH ASSOCIATION, SAMHSA, KAISER FAMILY FOUNDATION, NAMI

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THE CONVERSATION

As Oklahomans, talking about feelings isn't always our default. But one talk could be all a friend or loved one needs — even if it's a bit uncomfortable.

Here are a few ways you can start the conversation about mental health.

"You know if you ever need someone to talk to that I'm here, right?"

"I know you're going through a lot right now. Anything I can do to help?"

"You doing alright? You haven't been acting like yourself lately."

"Let me know if I'm overstepping, but are you doing okay?"

**I've noticed
(you've been down,
you haven't been sleeping,
you've been drinking
more, etc.)"**

"It's been a minute. How are you doing, really?"

"It's fine if you're not ready. But is there anything you want to talk about?"

BRAIN NEED A BREAK?

Whether it's part of your self-care routine or you just need a breather, taking some time to intentionally unwind is one of the impactful things you can do for your mental health.

NEED SOME IDEAS? THE NATIONAL INSTITUTE OF MENTAL HEALTH RECOMMENDS:

GET MOVING

Just 30 minutes of moderate exercise can do wonders for your mental health. Dance it out, go for a walk, or dig into your garden. Even the smallest amounts of movement encourages the brain to release dopamine and endorphins. (IDEA: Lace up and go for a hike in one of Oklahoma's 32 state parks!)

EAT THE RAINBOW

It's trite advice, but good advice. Eating healthy and drinking plenty of water can boost your mood and give you more energy. Limiting caffeine — such as coffee, tea, and soda — can also help decrease anxiety and stress.

IDEA: Visit your local farmer's market and load up on Oklahoma-grown fruits and veggies!

GET YOUR ZZZS

A little shut eye does a body good. Make sure you're getting enough sleep every night to relax and recharge. Also, be sure to put your screens to bed too. Blue light exposure can make it hard to fall asleep.

ZEN OUT YOUR WAY

You don't have to be a yogi or follow a strict meditation plan to boost your mental health (but those are great ways too!) Finding a relaxing activity like coloring, journaling, or exploring a museum can help calm down your nervous system.

IDEA: Start an art journal. Make it a point to express how you feel through paints, pencils, and pastels.

PRACTICE GRATITUDE

Whether it's your family or the food in your fridge, reminding yourself of all you have to be thankful for can put things in perspective when our brains get too loud. Prayer, journaling, or breathing exercises are just a few ways to stay grounded.

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KNOW THE SIGNS OF MENTAL ILLNESS

Everyone feels down or stressed out from time to time. But when symptoms won't go away or make daily life feel impossible, it might be time to reach out.

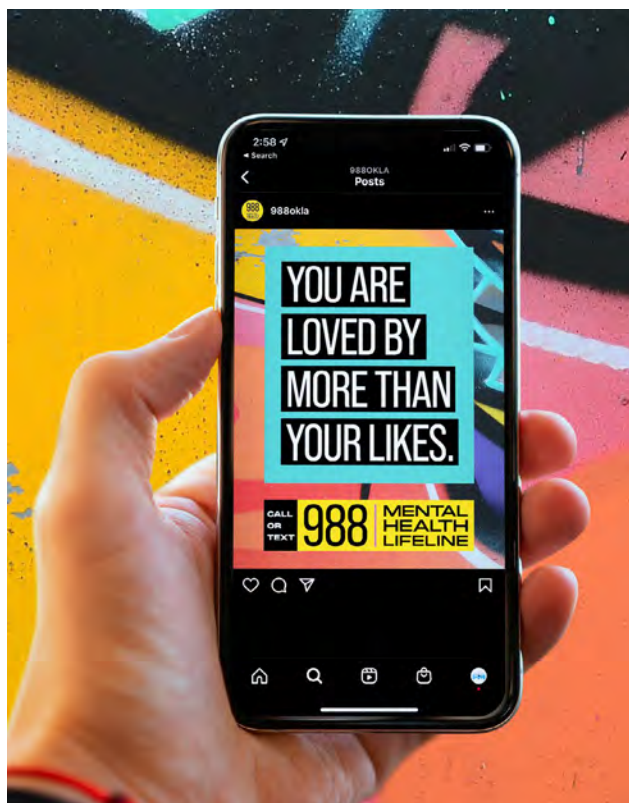
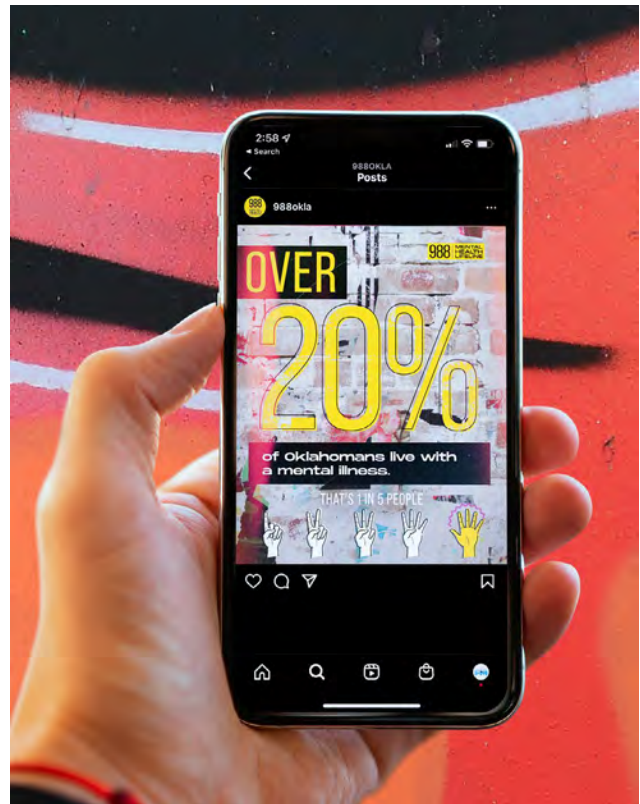
While no two Oklahomans are on the same mental health journey, many of us experience similar symptoms.

- Feeling excessively sad or hopeless
- Excessive worrying, fear, or irritability
- Concentration problems
- Extreme changes in mood
- Avoiding friends and social activities
- Sleeping too much, or not enough
- Eating too much, or not enough
- Abuse of substances like alcohol or drugs
- Inability to manage stress
- Headaches or stomach pain without cause
- Sudden changes in appearance
- Suicidal thoughts
- Self-harm

If you, a coworker, or a patient are showing signs you could use a hand, **988** is just a call or text away.

SOCIAL ASSETS

Help shift from stigma with these ready-to-share social posts. One post at the right time could save a life.



[Click to download](#)

OUTREACH CARDS

These double-sided, print-ready PDFs are an easy way to spread the word about 988. Keep a few on hand for patients, family members, and peers.



[Click to download](#)

COLORING PAGES

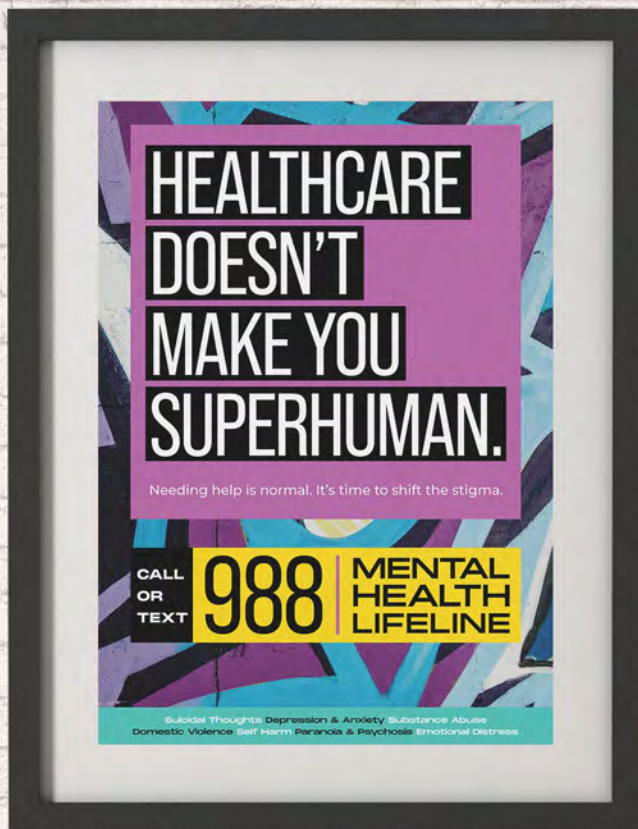
Mental health isn't all gloom and doom. Art is a powerful form of therapy, so grab some crayons and express yourself after your shift. Be sure to share their masterpiece with #ShiftFromStigma!



[Click to download](#)

POSTERS

Whether it's the breakroom or a coffee shop bulletin board, these free 988 posters could be just the thing someone in need needs to see.



[Click to download](#)

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