

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.

1



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.

2



IF NEEDED

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.

3



IF EVEN MORE
HELP IS NEEDED

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.

4



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

