

CALL OR TEXT

988

MENTAL
HEALTH
LIFELINE



SCAN FOR
FREE 988
RESOURCES



988OKLAHOMA.COM

LET'S TALK.

A GUIDE TO
HELPING KIDS WITH

CALL
OR
TEXT

988 | MENTAL
HEALTH
LIFELINE

MEET YOUR MENTAL HEALTH LIFELINE

Being a human comes with big, scary emotions. But for kids and teens, feeling them for the first time can be a lot to handle.

You're reading this because you want to help. Need to get things off your chest? Give us a shout. Need to help someone who's struggling? We can help there too. Whether you're a parent, educator, or student yourself, 988 is here to listen. Any time, any reason.

WHO CAN I CALL 988 FOR?

YOURSELF

YOUR FAMILY MEMBER

YOUR STUDENT

YOUR COWORKER

A STUDENT'S PARENT

YOUR CHILD

KNOW THE SIGNS

- › Feeling sad, hopeless, or guilty
- › Excessive anger
- › Concentration problems
- › Mood swings and crying fits
- › Sleeping too much or not enough
- › Eating too much or not enough
- › Changes in academic performance
- › Poor personal hygiene
- › Body pains without cause
- › Low self-esteem
- › Avoidance of school, friends, or hobbies
- › Use of alcohol or drugs
- › Suicidal thoughts or talk of death
- › Self-harm

HOW IT WORKS

CALL OR TEXT 988

Then wait for the lifeline to pick up or respond. Most calls are answered in 10 seconds or less, and texts receive an immediate automated response asking if the texter would like to be connected with a counselor.

FOLLOW THE STEPS

Hang tight as you're given instructions and go through the phone tree. If you're a Spanish speaker, LGBTQ+ youth, or a veteran, you'll be connected to lifeline just for you.

TALK TO A DISPATCHER

A trained dispatcher based in Oklahoma will talk through your situation and ask questions to make sure you or the person you're calling on behalf of is safe.

The dispatcher will help work out a safety plan and provide guidance on next steps. All conversations are confidential and private.

GET HELP

You'll get connected with resources that are right for your situation, whether that's tips on how to check on a student, resources you can pass on to a parent, or even connection to a local mental health provider, if appropriate.