



HEALTH & WELLNESS NEWS

Suicide Awareness and 988



Contributed photos

Linfield University's women's lacrosse.

In April, the Grand Ronde Health & Wellness Center Behavioral Health Program was humbled to work alongside Chemeketa Community College's women's softball and Linfield University's women's lacrosse in sponsoring a Suicide Awareness Game.

We want to acknowledge Klamath Henry, Chemeketa Community College women's softball coach, and Mike Henry, Linfield University women's lacrosse assistant coach, and Agency Creek Expressions for helping us support these efforts. We feel that events like these help bring light to the devastating effects of suicide on families and our communities.

In July, a new three digit number **988** replaced the National Suicide Prevention hotline and is available nationwide for anyone to seek behavioral health crisis services. In addition to **988**, you can text **NATIVE** to **741741** for immediate help.

Please see all of the additional information we've provided on our Health & Wellness Center Facebook page as well as in *Smoke Signals*. ■



Chemeketa Community College's women's softball.



HEALTH & WELLNESS CENTER

NEW SIGN AT THE HWC

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR **LOADING AND UNLOADING ONLY.**



PICK-UP AND DROP-OFF ONLY

NO PARKING

Coming to Indian Country: 988 and the National Suicide Prevention Lifeline



Why do we need 988?

Suicide is the second leading cause of death for Native youth ages 10-24. Native communities experience the highest rates of suicide amongst all racial and ethnic groups in the United States, and suicide rates among American Indian and Alaska Native communities rose by 118% between 1999 and 2017.

Suicide is preventable. 988 is one step in the direction of saving lives. This early intervention can reduce the burden on 911 and hospital services. 988 will move mental health and substance use services out of the shadows and into the mainstream; it will send a message that healing and getting help are normal and important parts of life.



What is 988?

988 is a direct three-digit line to trained National Suicide Prevention Lifeline crisis counselors that will go live **July 16, 2022**. With an easy to remember 3-digit number, the Lifeline hopes to reach many more people in emotional crisis. This service is provided free of charge to the caller. Any person of any age can call or text 988; services will be available 24/7, year round. They will include a text option, translation services for non-English speakers, accessible options for people who are deaf or hard of hearing, and services for minors.

When you've got a police, fire, or rescue emergency, you call 911. When you have a mental health emergency, you call/text 988.



How will this affect my community?

The impact of 988 will vary from community to community. If your community has reliable phone and 911 services, it will now have access to 988 24/7. Community members will be able to receive confidential services during mental health emergencies with minimal involvement of police or hospitals. If you live in an area where connecting to 911 services is difficult, you may experience the same with 988. Please know that chatting via the suicidepreventionlifeline.org website, texting **NATIVE** to the Crisis Text Line at 741741, or texting 988 when available may be the best ways to connect in these communities.



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