988-Day_-School-Announcements_Scripts

(The following can be utilized by schools for 988 Day or as a series for National Suicide Prevention Week)

Note: September 8th, is 988 Day. 988 Day is a Day of Action meant to bring awareness about the 988 Suicide & Crisis Lifeline. *[This can be added to any of the following as an opener on 9/8]*

DAY 1 – WHAT IS 988?
988 is the national mental health hotline that's available 24/7 across the U.S by text, phone, and chat. You can reach out for any reason: when you're struggling with your mental health, feeling overwhelmed by schoolwork, arguing with friends, or just need someone to vent to.

To learn more or to connect with a skilled 988 counselor for judgment-free support, visit 988lifeline.org.

DAY 2 – MYTH: 988 IS ONLY FOR EMERGENCIES
Did you know you don't have to be in a crisis to contact 988?

It's a myth that 988 is only for emergencies. You can reach out if you or someone you care about is feeling anxious, stressed, stuck, or having a rough day. If something's bothering you, that's a good reason to talk. There's never any shame in reaching out.

988 counselors are available for all kinds of support — text, call, or chat 24/7.

DAY 3 – CHECK IN WITH FRIENDS
Checking in with friends about their mental health can make a difference. You can do this without making a big deal. Send a snap or text, ask to hang out, let them know it's okay to not be ok, recognize the warning signs of something more serious, or when to ask a trusted adult for advice. You can also contact 988 for advice if you are concerned about a friend.

Find more information about warning signs and how to help at 988lifeline.org

DAY 4 – ASKING FOR HELP
When you contact 988, you don't have to share your name or where you're calling from? Even if you're not sure what to say, you could start with something simple like "Hi," "I'm not feeling great today," or "Today didn't do it for me."

988 counselors are available to listen without judgment, support you, and make it easier to ask for help and plan next steps.

DAY 5 - 988 WORKS
Did you know that research confirms 98% of people who call, text, or chat with 988 get the support they need immediately and without emergency help?

That means most people just need someone to listen, and 988 is here for that. Sometimes, one conversation is all it takes to start feeling better.

988 works — and it's here for you or someone you care about. Check it out at 988lifeline.org