



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**



feel safe, feel heard.

we're here to listen, care and help—always.

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**Call, text or chat 988
— anytime.**

988

**SUICIDE & CRISIS
LIFELINE**

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[988lifeline.org](https://www.988lifeline.org)

5 things you can do to support a peer in crisis right now:

- **have a conversation.**

Research shows people who are having thoughts of suicide feel relief when someone asks how they are doing in a caring way. Findings suggest acknowledging and talking about suicide may reduce suicidal ideation. You can #BeThe1to ask. Find out how you can save a life at www.BeThe1To.com.

- **encourage them to make a safety plan.**

Creating a safety plan can include listing coping strategies and identifying people in your village that may be supportive through a crisis. Having a plan may be helpful if a crisis occurs to keep everyone safe. You can get tips at www.mysafetyplan.org.

- **spread the word.**

Host an information table for 988 on your campus, put flyers up at the campus coffee shop or leave 988 materials out in your dorms.

- **share 988 online.**

Use your social media accounts to promote the 988 Lifeline's free and confidential emotional support to people in suicidal crisis or emotional distress.

- **host a campus event.**

Host an event to bring students together to promote the 988 Lifeline. Documentary screenings, Drum Circles, Poetry Slams or Clothing Swaps are all low-cost events you could host on campus to promote mental health and spread the word that your classmates can call, text or chat 988 anytime 24/7.

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