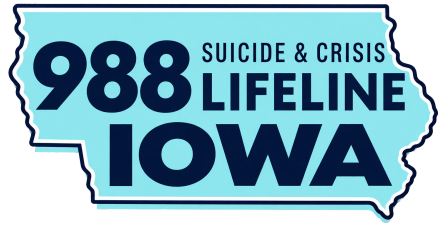


HELP IS HERE.



Understanding the 988 Lifeline

Mental health resources and help are available, but research shows that 1 in 4 people who need support or treatment for mental health symptoms do not seek or receive it.

What gets in our way?

When we feel overwhelmed, our brains can shut down. We may freeze, withdraw or try to hide from our problems. In rural Iowa, knowledge and access can be barriers. We wonder, “How do I know what to do?” or “I’m not trained for this!”

Sharing our experiences can feel risky, too. Fears and questions surface. Will people judge me? Blame me? Reject me? Tell me it’s all in my head?

One number. Someone to help.

For years, various crisis lines and other resources have helped address these concerns. Now, 988 is a single, nationwide number for mental health crises. Just as 911 connects us with emergency responders, 988 connects us with trained counselors who can help with mental health, emotional distress and substance use concerns.

Who might call or text 988?

- A parent or caregiver overwhelmed by stress at home.
- A young person facing peer pressure or worried about choices they’re making.
- An older adult unsure how to support a grieving friend.
- Someone beginning to feel unsafe because of troubling thoughts.

988 offers free, confidential access to trained crisis counselors, 24 hours a day, 7 days a week. Call or text 988 for support. In some situations, mobile crisis counselors may also be available to come to you rather than involving police.

You are not alone. Your life matters.

What you’re facing is not your fault, and it doesn’t have to last forever. Mental health challenges are not character flaws.

Help make 988 common knowledge!

Talk about it. Share what you know. It might save someone’s life. And to make sharing (and remembering) even easier, 988 magnets and stickers are available in the church entryway. Please take some home and a few more to share!

Shared by GLC’s Extending Grace ministry.

Signaling Safety

Small Signs, Meaningful Messages

During October, GLC'S Extending Grace ministry is encouraging us to better understand mental health struggles that are often unseen and to discover ways to support one another.

One important way to bring care is by signaling safety. Signaling means letting people know they can speak honestly and be met with kindness, not judgment.

Sometimes that message comes through something we wear. Green ribbons and mental health awareness pins can show support and help start a conversation.

The semicolon is a symbol of hope and solidarity, a gentle reminder that even through difficult times, our stories are still being written.

The strongest signal of safety, however, is how we treat one another. We can listen without rushing to fix things, ask caring questions, speak openly about our own struggles and reassure others that they are loved. Even when we don't fully understand someone's experience, we can respond with compassion.

You'll find pins in the church entryway. You're invited you to choose one if its message reflects the welcome and care you hope to offer. Members of Extending Grace will also be available after worship, happy to visit, answer questions and share resources.

If you or someone you know needs immediate emotional support, call or text 988 to reach the Suicide & Crisis Lifeline. You do not have to face a difficult moment alone.

