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Just as 911 is an emergency line for any type of fire or medical emergency, 988 is now set up as a suicide and crisis line. 988 may be used for yourself or for supporting others through any type of behavior or mental health crisis.

In addition to using 988 for crisis counseling, you can also quickly access mobile crisis. A local counselor is on call to come to you and/or your home to assess and assist. Initially, you will talk to a trained operator who will direct you to the most appropriate services.

988 also accesses Your Life Iowa System Navigation. These are specialists (local to each region of Iowa) that can do the leg work to find and access resources for medical or mental health needs. Availability and insurance nuances are taken into account.

These staff members are available to assist anyone. They conduct the necessary research and connect people with appropriate resources, much like a case manager identifies resources for each individual situation.

When depressive symptoms become significant, the human brain responds in predictable ways:

~ our thoughts become more hopeless, we tend to push people away, we feel more alone, we feel scared and overwhelmed . . .

~ our will and energy drops . . .

~ our feelings feel like facts, we start thinking in extremes of “always” and “never”

~ our thoughts become preoccupied with death or ways to alleviate the suffering . . .

~ we become more impulsive (acting without thinking through) . . .

~ we are more likely to seek out “quick fixes” and distractions, including “acting out,” adrenaline seeking choices, self-injury or the use of drugs or chemicals.

Our brain naturally responds in these ways!

“It’s a chemical flaw,
not a character flaw”