

988 Reasons

988 | SUICIDE & CRISIS
LIFELINE



Whatever Your Reason. Call, Text, Chat 988. 24/7.

Training September 11, 2026! Training is free but prior registration is required.

Location: Norfolk Public Library Meeting Room C, Norfolk, NE 68701 from 9:30 AM to 1:00 PM. Limited seating available for this training (only thirty-five seats available).

Send RSVP to msandoval@midtownhealthne.org by September 10, 2026

988 Day is a national initiative dedicated to raising awareness about the 988 Suicide & Crisis Lifeline and emphasizing the importance of mental health and suicide prevention. The theme for 988 Day 2026 is 988 Reasons: Your reason is reason enough. This theme reminds us that you do not have to be in crisis to reach out to 988. Whatever you are facing, big or small, your reason for seeking support is reason enough.

This program will talk about the 988 mental crisis line and the services provided to people having a mental health crisis. It also talks about how to recognize signs of suicide, how to intervene and provide after care after a suicide attempt to provide hope resources. This program is an initiative of SAMHSA across the USA.

Information included in the presentation:

What is the 988 Suicide and Crisis Lifeline?

Reasons to find help: Anxiety, Sobriety, Depression, Suicidal Thoughts, and many more.

The Impact and Rise of Social Media on Mental Health

Artificial Intelligence and Mental Health

The Millennials and the Generation Z

Mental Health Resources and how we can improve access to services and more!

Resources to connect to Hope and Mental Health wellbeing.