



## 988 in Idaho

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# 988 & the National Network

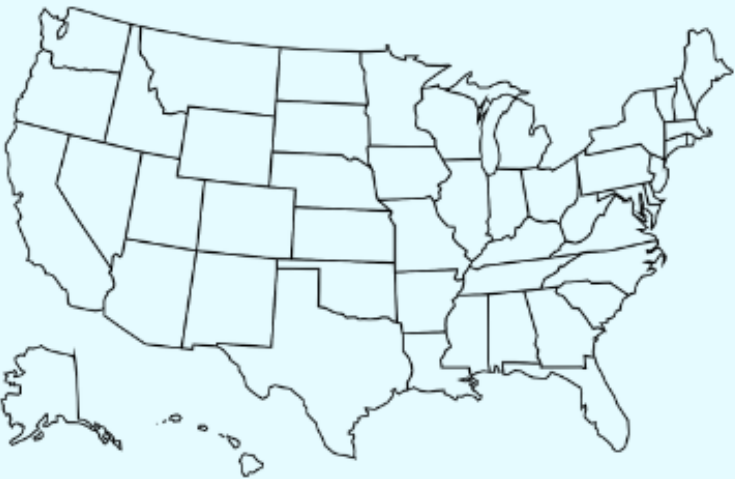
# National Suicide Hotline Designation Act of 2020

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- Went live July 16, 2022 = universal mental health & suicide prevention crisis number
- Mental health equivalent of 911
- Help people get mental health and suicide prevention support
- Reduce burden on law enforcement response



# 988 call centers in every state



The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

[ABOUT THE LIFELINE](#)



# 988 Options

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“You have reached the 988 Suicide & Crisis Lifeline”

“Stay on the line to be routed to the nearest crisis center in our network”



## Idaho Crisis & Suicide Hotline

### ***Support Idahoans from every county:***

- Respond to Idaho's 988 calls.
- Respond via our 208 local phone line.
- Div. of Behavioral Health – ongoing transition of regional crisis lines to 988.
- Set up specific phone line for law enforcement access.
- Offer follow-up calls (within 24 hours) to any individual experiencing suicidal feelings.

# **Support Available & Reasons for Contact**



# When a person calls or texts

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Trained crisis responder listens to the person and:

- Helps the person reduce stress and feel empowered to make decisions
- Conducts a safety assessment
- Supports caller to create a safety plan
- Provides referrals as needed (crisis center, hospital, healthcare, food, housing, etc.)





# 988 call centers provide:

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- Crisis support (for self or a loved one)
- Most callers kept safe and de-escalated or reduce stress
- Some need higher level of care
- Free & confidential



# Reasons for Contact

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- Suicidal thoughts
- Mental health issues (depression, anxiety, loneliness are common)
- Relationship problems
- Addiction/substance use
- Physical health struggles
- Grief and loss







## Who calls?

### In Idaho:

- People from every county
- All ages (age 7 – 92 years old)
- Women, men, children
- Veterans, active duty, and military families
- There are always people in crisis

# **Risk Factors, Warning Signs & Protective Factors**



# Suicidal risk factors & warning signs

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- Prior suicide attempts
- Mood disorders
- Substance abuse
- Access to lethal means
- Threatening to hurt or kill oneself
- Seeking a means to kill oneself
- Feeling hopeless
- Talking about being a burden to others
- Dramatic mood changes



# Suicidal protective factors

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- Connections to friends, family, community
- Access to physical and mental healthcare
- Coping and problem-solving skills
- Ability to adapt to change
- Limited access to lethal means (firearms, pills, etc.)





# Ask the Question...

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If someone you know appears to be struggling, trust your gut and reach out.

- “I’d like to understand more about what you’re going through. Can you tell me more?”
- Show empathy, “You don’t seem like yourself lately, are you thinking of suicide?”
- “Sometimes when pain is intense, people think about suicide. Is this what you are feeling?”
- Many people who experience suicidal thoughts feel they have lost control of their own lives. Suicide feels like something they could have control over.
- Listen to their feelings and encourage them to seek help.



Questions?