



Empowering Individuals and Strengthening Communities

988 Reaches First Year Milestone

The Washington Post
Democracy Dies in Darkness

They have minutes to save a life — 988 is a year old and busy

They're like the emergency room doctors of an urgent care of the mind, and they've had more than 4 million conversations in the past year



Perspective by [Petula Dvorak](#)
Columnist

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Sue-Ann Siegel works a shift monitoring the Montgomery County Hotline, including fielding calls from the Suicide & Crisis Lifeline, in March 2020. (Katherine Frey/The Washington Post)

"We've been responding for a number of years, but with the 988 launch the volume and reach has grown significantly," said Ariel Gordon, hotline director at EveryMind in Rockville, Md., the local 988 crisis helpline call center partnered with the national 988 system. Most calls will go to a local provider, some — when necessary — will go to others across the nation who are ready to take calls. "One of the things that became much more prominent is chat and text, especially at the national level."

... Compare May 2023 to May 2022. Calls increased by 45 percent, chats by 52 percent and — get this — texts increased by 938 percent, [according](#) to the U.S. Department of Health and Human Services...

"A lot of times, in talking to people who aren't involved with this kind of work, they say: 'That sounds depressing,'" Brittany (EveryMind Hotline supervisor) said. "But we're saving lives. Even if we have difficult contacts, I feel so much better, to instill hope in people when they're reaching out with no hope at all. That's what makes this work so special."

[Read the Full Washington Post Article](#)

[Watch News Coverage on 988's Impact](#)

July is BIPOC Mental Health Month

BIPOC Mental Health Resources



"Our lives are deeply intertwined with our environments, and these surroundings impact our mental health and overall wellness. Black, Indigenous, and people of

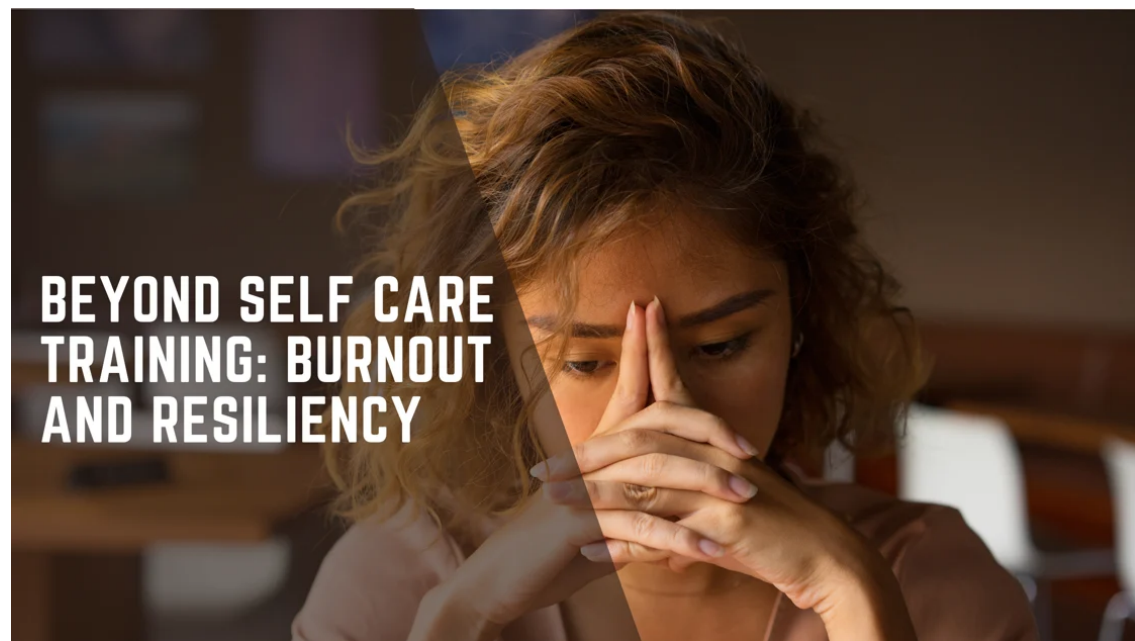
color (BIPOC) populations are faced with disproportionate amounts of historical trauma and displacement that can challenge their ability to thrive in their environments. However, culture, community, and connection are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism." - *Mental Health America*

Mental Health America BIPOC Mental Health Toolkit

EveryMind BIPOC Mental Health Resources

Association for Suicide Prevention BIPOC Mental Health Resources

Learn with EveryMind's Education Team



What are the building blocks of wellbeing? And is it possible to strengthen these in ourselves and others? What should we focus on to flourish in life? The field of Positive Psychology provides a research supported theory to promote wellbeing by focusing on what is good, instead of what is bad.

This training provides participants with an introduction to the P.E.R.M.A model of wellbeing and practical strategies to incorporate the framework into their daily lives. Participants will learn:

- Definitions of resiliency and well-being
- The impact stress and trauma can have on wellbeing

- The P.E.R.M.A Theory of Well-being
- Body-centered mindfulness and gratitude practices

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