



# Faith

## UNMET NEEDS IN THE US

- Too many people in the US are experiencing mental health–related distress without the support and care they need
- It is estimated that over half (57%) of the US population of adults with any mental illness does not receive treatment, and this unmet need is greater for racial and ethnic minorities
- A comprehensive treatment plan can be very important to an individual’s recovery journey, resiliency, and well-being. This may include therapy, medication, and support services
- Black adults often experience prejudice and discrimination, access barriers like high costs, and structural barriers like lack of resources, when it comes to seeking and accessing mental health care
- Experiences with where and how people receive treatment are also a factor. Black adults with mental illness disproportionately receive treatment in emergency and hospital settings, and are at a higher risk of incarceration

## 988

- Mental health support services must transform to address the state of mental health and wellness in the US
- Congress designated a dialing code to operate through the existing National Suicide Prevention Lifeline’s (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country
- On July 16, 2022, the US will transition to using this new dialing code, 988
- 988 is a confidential and free 3-digit dialing, texting, and chat code for anyone experiencing a suicidal or mental health–related crisis
- Crisis is defined by feeling hopeless, or that you may be overwhelmed by your thoughts, or that you could harm yourself
- 988 will be available 24 hours a day, every day of the year, and will help connect those seeking help with trained crisis counselors
- 988 will be able to:
  - Connect individuals to trained crisis counselors to address immediate needs and connect to ongoing care
  - Improve intervention methods, providing greater coordination of care options, rather than police or EMS
  - Reduce stigma associated with seeking or accessing mental health care
- The National Suicide Prevention Lifeline (1-800-273-8255) will still be accessible during the transition to 988, as will MCOT Harris Center 24/7Crisis Line (1-713-970-7000), Suicide Prevention Hotline (1-713-228-1565), and National Alliance on Mental Illness Houston Warm Line (1-713-970-4483)

**IN A MENTAL HEALTH CRISIS , CALL 988**

