

A photograph of two Black men embracing outdoors. The man on the left is seen from the back, wearing a light blue turtleneck sweater. The man on the right is seen from the side, wearing a dark blue textured sweater, with his hand on the other man's shoulder. The background is a soft-focus green and yellow bokeh, suggesting a natural setting. A large purple circular graphic is overlaid on the bottom left of the image, containing white text.

## 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.

# IN A MENTAL HEALTH CRISIS, CALL 988



## 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

*Other crisis lines that will remain accessible during the transition to 988 include:*

National Suicide Prevention Lifeline  
(1-800-273-8255)

MCOT Harris Center 24/7 Crisis Line  
(1-713-970-7000)

Suicide Prevention Hotline  
(1-713-228-1565)

National Alliance on Mental Illness  
Houston Warm Line  
(1-713-970-4483)

