

# 988 AND SUICIDE PREVENTION

**Julie Maas, LMSW, Suicide  
Prevention Director**

**Jenny Erdman, LMHC, Bureau  
Chief for Iowa Medicaid**

**Kyra Hawley, Transition  
Support Development Director**

**Ingrid Stukerjurgan,  
AmeriCorps Seniors Programs  
Director**



# Topics

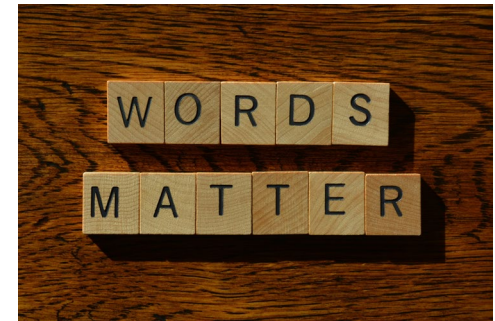
- ▶ About Suicide
- ▶ 988 Suicide & Crisis Lifeline
- ▶ Going to Therapy
- ▶ Self-Care
- ▶ Resources

# About Suicide



Health and  
Human Services

# Suicide Language



Say this	Instead of this
✓ Died by suicide	✗ Committed/completed suicide
✓ Died by suicide/suicide death	✗ Successful attempt
✓ Suicide attempt	✗ Unsuccessful attempt
✓ Person living with thoughts of suicide	✗ Suicide ideator or attempter
✓ Working with someone in crisis	✗ Dealing with suicidal crisis

[Suicide Language - Suicide Prevention Alliance](#)

# Common Warning Signs of Suicide

It can be scary when people you care about may be considering suicide, but there are things you can do to help:

## Talking About:

- Attempting suicide.
- Death or recent fascination with death.
- Feeling hopeless, worthless or trapped.
- Feeling like a burden to others.

## Behavior or Mood changes:

- Recent suicide attempt.
- Increased alcohol or drug use.
- Losing interest in appearance or hygiene.
- Withdrawing from family, friends and community.
- Changes in eating or sleeping patterns.
- Becoming violent or being the victim of violence.
- Tying up loose ends, writing a will, giving away possessions.

- Let the person know you are concerned and ask if they are okay.
- Be direct. Ask the person if they are having thoughts of suicide.
- Listen attentively and without judgement.
- Let them know you care for and support them.
- Offer to connect them with professional help.
- Know your resources.



# When to Get Professional Help

## 988 Suicide & Crisis Lifeline

- ▶ Thoughts of suicide
- ▶ Mental health crisis
- ▶ Substance use crisis
- ▶ Emotional distress
- ▶ Veterans crisis

## 911 Emergency Response

- ▶ Immediate harm to self or others.
- ▶ Life threatening situation.
- ▶ Medical emergency.

# 988 Suicide & Crisis Lifeline Iowa

Call or text 988 or chat at [988lifeline.org](https://988lifeline.org)

Hope is on the line.



Health and  
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# 988 Suicide & Crisis Lifeline





# Calling 988

Individual calls 988.

- Welcome message
- **Note:** The following options are given before reaching a 988 Center:
  - 1: Veterans Crisis Line
  - 2: Spanish Speaker
  - 3: Specialized LGBTQ+ Support for Youth

Crisis counselor supports individual as needed.

If a local 988 center is unavailable, contact will be routed to the 988 national backup network.

All conversations are free and confidential.

# Chat or Text 988

Individual texts 988 or goes to [988lifeline.org/chat](https://988lifeline.org/chat) for chat.



Short survey that includes:

Zip Code

Optional demographic information

Main concerns

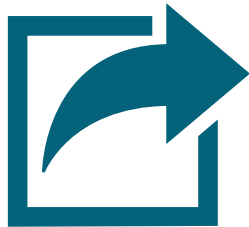
Thoughts of suicide

How upset are you?

Optional telephone number to reach back out to

Consent to terms of service

# Chat or Text 988



## **What happens next:**

1. There is a wait-time message while being connected to a counselor.
2. If demand is high, you can always look at our “Helpful Resources” below or call the 988 Lifeline at 988.
3. A crisis counselor will answer your chat or text.
4. The counselor will listen, provide support and share resources.



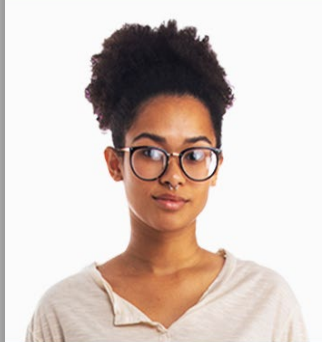
## **All conversations are free and confidential.**

# 988 and Privacy

- 988 counselors only know the phone number if contact is call or text, and the IP address for chats.
- It's OK to not say who you are or where you are when you call, text or chat 988.
- What you say about yourself is your choice.
- You will get support from a trained crisis counselor.

When You  
Contact  
**988**

You don't  
have to say  
**Who you are or  
Where you are.**



You will get  
support from a  
trained **Crisis  
Counselor.**

Call or text 988,  
or chat  
**988Lifeline.org**

*There is Hope.*



**988** SUICIDE & CRISIS  
LIFELINE

CS331859-F

# Going to Therapy

# What to know about Therapy

## Going to a therapist is a personal decision

- ▶ Everything you say is confidential
- ▶ You get to decide what you talk about. It is okay if you are not ready to talk about some things right away.
- ▶ Your therapist will help you to develop coping skills

## You can have the option to go in-person or to see a therapist virtually through telehealth

- ▶ The first meeting with a therapist will be to complete the social history and assessment, and your therapist will ask you questions to get to know you
- ▶ After the initial intake, a session typically lasts anywhere from 30 minutes to an hour
- ▶ The goal of therapy is not to “fix you” or to have your therapist tell you what to do. The goal is for therapy to empower YOU to identify skills, supports and goals that you need and want in your life.

# How to Find a Therapist

You can call the number on the back of your insurance card and talk to Member Services.

- Iowa Total Care: 1-833-404-1061
- Molina: 1-844-236-0894
- Wellpoint: 1-833-731-2140
- Fee-For-Service (FFS): 1-800-338-8366

You can ask your primary doctor, case manager or care coordinator to help you.

You can visit [Your Life Iowa](#)

You can go to 211.

# Self-Care



# Aging & Disability Services

- ▶ Iowa's six Area Agencies on Aging (AAAs) offer the opportunity for self-disclosure in their Information & Assistance process.
- ▶ AAAs collect data on social isolation during Nutrition Risk Screening for Older Americans Act (OAA) Services.
- ▶ In July 2024, the University of California, Los Angeles (UCLA) Loneliness Scale will be offered as an optional addition to AAA Reporting Manual to collect data in this area.

OAA Nutrition Services	2022	2023
Consumers served	27,368	29,467
Isolated %	26.8%	27.0%

# Caregiver Health

**Give yourself permission to take time for yourself**

**Taking care of yourself is healthy.**

- ▶ Powerful Tools for Caregiving-Online Classes
- ▶ Get Out on Your Own
- ▶ CareWalks Podcast
- ▶ Volunteering



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# Volunteering

*I am only one,  
But still I am one.  
I cannot do everything,  
But still I can do something;  
And because I cannot do everything,  
I will not refuse to do the something  
that I can do.*

*Edward Everett Hale*

## Volunteering can be part of self-care

- ▶ Connect to your community
- ▶ Volunteer together
- ▶ Change of scenery
- ▶ Volunteer opportunities near you:  
[volunteeriowa.galaxydigital.com](http://volunteeriowa.galaxydigital.com)



# Resources

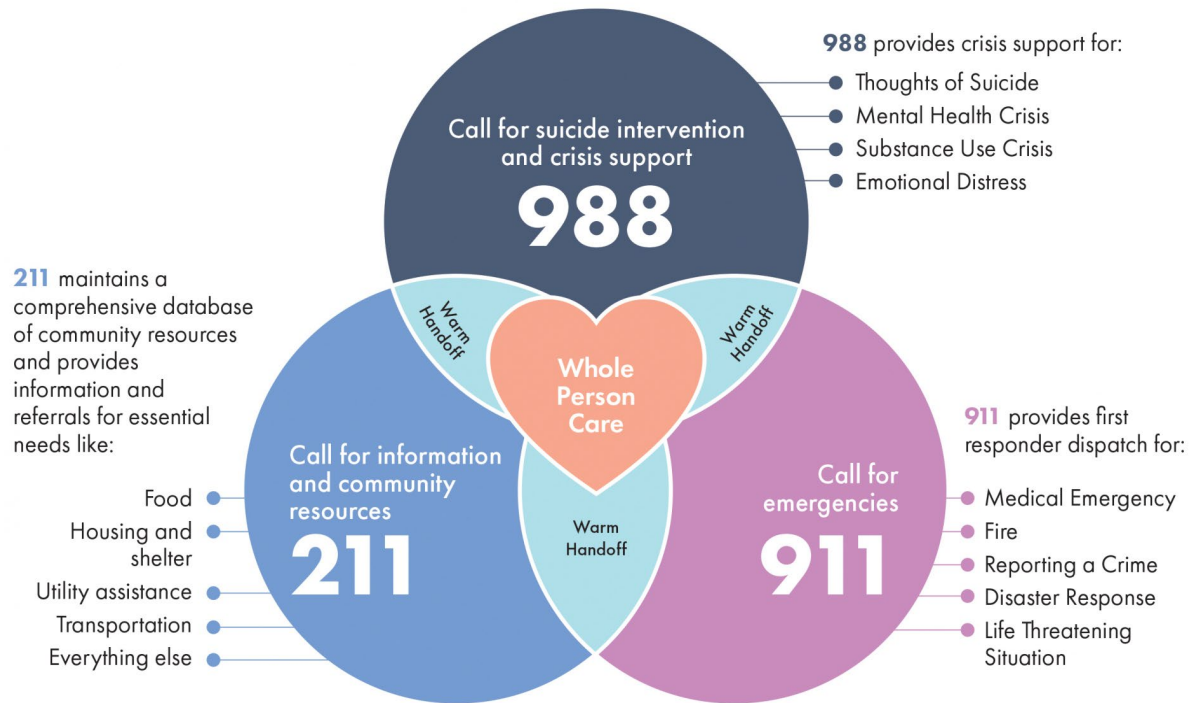
# Suicide Prevention Resources

- ▶ [988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)
- ▶ [Your Life Iowa](#) (funded by Iowa HHS)
  - Find local service providers
  - Suicide prevention information
  - Media campaigns
- ▶ [NAMI Iowa: Mental Health Support, Education & Resources](#)
- ▶ [American Foundation for Suicide Prevention - Iowa Chapter](#)
- ▶ [Know the Signs: Suicide is Preventable](#)
- ▶ [Suicide Prevention Resource Center \(sprc.org\)](https://sprc.org)
- ▶ [The Trevor Project - Suicide Prevention for LGBTQ+ Young People](#)
- ▶ [National Action Alliance for Suicide Prevention](#)

# Caregiver Resources

- ▶ <https://www.myrtuemedical.org/services/senior-life-solutions/>
- ▶ **Powerful Tools for Caregivers** online class:  
<https://www.extension.iastate.edu/humansciences/ptc> (there are 2 versions - one for parent caregivers of children and one for spouse/other caregiver of adults)
- ▶ **Angles Care Health** <https://locations.angelscarehealth.com/ia/> -- the locations listed at the top of this page are locations of regional offices. There are several representatives that serve many counties in those regions. Scroll down to see the Behavioral Health at Home and the Anxiety and Depression care.
- ▶ **QPR training for Veterans** (but helpful for all): Question, Persuade, Refer: [https://courses.qprinstitute.com/index.php?option=com\\_joomla\\_lms&Itemid=255&task=course\\_guest&id=44](https://courses.qprinstitute.com/index.php?option=com_joomla_lms&Itemid=255&task=course_guest&id=44)
- ▶ QPR and other resources for Iowa farmers/rural community: <https://icash.public-health.uiowa.edu/programs/seasonal-campaigns/suicide-prevention/>
- ▶ Volunteer Opportunities throughout Iowa: <https://volunteeriowa.galaxydigital.com/>
- ▶ Volunteer Iowa page re: volunteering - <https://volunteer.iowa.gov/volunteering/individuals>

# Help is **3** Numbers Away



# Questions



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