

# It's ok to not be ok.

When you call **988** in Tompkins County, you are connected with a trained and caring counselor at the **Suicide Prevention & Crisis Service (SPCS)** who is there to listen without judgement or distraction and help you explore your emotions and identify helpful solutions.

*Stick this on your fridge for easy reference.*



**Flip over for more resources.**

Your 988 counselor may connect you with other service providers and resources in the community, including life-saving services if the counselor determines that is needed.

If you need an ambulance, police, fire, or other emergency response, 911 is still the number to dial.

If you are looking for non-emergency community resources, dial 211 (or toll free 1-877-211-8667).

**Veterans** seeking counselors specifically trained about their experiences and needs can dial 988 and **press 1**.



**POSTAL CUSTOMER**



**Mental Health  
Department**



**For more resources, visit: <https://tcgov.co/lifelines>**

# Help is here.

## Suicide and mental health crisis lifelines in Tompkins County

There is hope. 

If you or someone you know is in crisis, **dial 988**.

The 988 Suicide & Crisis Lifeline offers **24/7, confidential support** from trained counselors who can help people experiencing mental health-related distress.

**Don't hesitate** to reach out if you are in crisis or need help.



<https://tcgov.co/lifelines>

Be the lifeline. 

Tips for **supporting** the people you know and love.

If you are struggling to support someone in crisis, **dial 988** to be connected with a trained counselor.

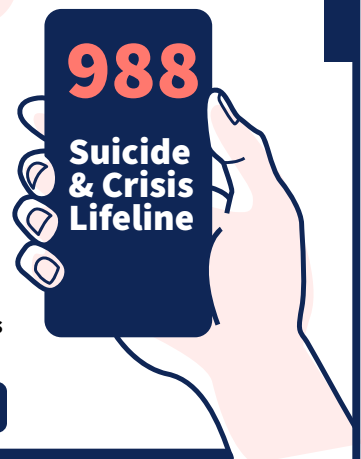
Share other lifelines such as therapy, psychiatric, substance use recovery, advocacy, or other resources.

<https://tcgov.co/lifelines>

There are resources specifically for families. Learn more about helping and supporting loved ones, and how to start a conversation at:



[www.samhsa.gov/families](http://www.samhsa.gov/families)



**988** Línea de Vida de Suicidio y Crisis

**988** Suicide et ligne de vie en cas de crise

**988** Лінія порятунку для самогубств і криз

**988** Спасательный круг для самоубийств и кризисов

**988** ဖုန်းလိုင်း စိတ်ကျန်းမာရေး

**988** ذايحال نايا رش تام زآل او راجت نال

**988** 自杀与危机生命

**988** 自殺與危機生命線