

Understanding the 988 Mental Health Crisis Lifeline

At Harmony in Daily Happiness Foundation, Inc., we believe that no one should face emotional distress alone. On July 16 — 988 Lifeline Awareness Day, we raise awareness about the 988 Mental Health Crisis Lifeline, a vital resource that provides immediate, compassionate support to individuals experiencing emotional distress or mental health crisis.

Reaching out for help during difficult moments is a courageous step toward safety, healing, and hope.

What Is the 988 Mental Health Crisis Lifeline?

The **988 Mental Health Crisis Lifeline** is a free, confidential support service available 24 hours a day, 7 days a week for individuals experiencing emotional distress, mental health challenges, or crisis. By calling or texting **988**, individuals are connected with trained counselors who provide immediate support and guidance.

The Lifeline helps individuals who may be experiencing:

- Emotional distress or overwhelming feelings
- Thoughts of suicide
- Mental health or substance use challenges
- Anxiety, depression, or intense emotional pain
- Concern for a loved one in distress

At Harmony in Daily Happiness, we emphasize the importance of accessible support and early intervention in protecting mental wellness.

How the 988 Lifeline Helps

The 988 Lifeline connects individuals with trained counselors who listen with empathy and provide immediate care in a safe and supportive environment.

Support through 988 includes:

- **Immediate emotional support** — compassionate listening without judgment
- **Crisis guidance** — helping individuals manage overwhelming feelings
- **Safety planning** — supporting individuals in staying safe
- **Connection to local resources** — referrals for ongoing care and support

The goal is to provide understanding, comfort, and practical support during difficult moments.

Who Can Contact 988?

The 988 Lifeline is available to anyone who needs emotional support. Individuals do not have to be in immediate crisis to reach out. The service is also available for those who are concerned about a friend, family member, or loved one.

You can access the Lifeline by:

- **Calling 988**
- **Texting 988**
- **Chatting online through 988lifeline.org**

All services are free and confidential.

The Importance of Reaching Out

Many people hesitate to seek help due to fear, stigma, or uncertainty. However, reaching out for support is a powerful act of strength and self-care.

Seeking help can:

- Reduce feelings of isolation
- Provide emotional relief and clarity
- Connect individuals to helpful resources
- Support safety and well-being
- Create a path toward healing

At Harmony in Daily Happiness Foundation, we encourage individuals to seek support early and remind our community that asking for help is a sign of courage.

Our Commitment to Awareness and Support

Harmony in Daily Happiness Foundation is dedicated to raising awareness about mental health resources and creating a community where individuals feel safe seeking support. By educating others about the 988 Lifeline, we help ensure that more people know help is available when they need it most.

We believe:

- Every life has value
- Support should be accessible to all
- Compassion saves lives
- Connection promotes healing

Together, we can help reduce stigma and promote a culture of care and understanding.

Moving Toward Hope and Healing

The 988 Mental Health Crisis Lifeline serves as a reminder that help is always available and that no one has to navigate emotional distress alone. With compassionate support and accessible resources, individuals can find hope, safety, and a path toward healing.

If you or someone you know is experiencing emotional distress, call or text **988** to connect with support.

Together, we can build a community where every person feels supported, valued, and empowered to seek help.