

Mental Health



May is Mental Health Awareness Month but it is important year round, every day. Food insecurity & mental health share a bilateral relationship—Mental Health conditions are worsened by food insecurity, while food insecurity can also be worsened by mental health conditions. Constantly worrying about where your next meal will come from can cause depression, anxiety, & even posttraumatic stress disorder (PTSD).

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally. [Learn More](#)