

It's here: 988 Suicide & Crisis Lifeline

 pages.azblue.com/Call-988-for-mental-health-emergency-support.html

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988 is the new “911” for mental health emergencies. This new dialing code went live nationwide on July 16 and connects callers to 24/7, free, and confidential support for a suicidal or mental health crisis.

 [In This Issue](#)

In 2020, the U.S. had one death by suicide every 11 minutes, making it the leading cause of death for people ages 10-34. The same year, Congress designated the new 988 dialing code for suicide and mental health crisis services to be operated through the existing National Suicide Prevention Lifeline, a network of over 200 locally operated and funded crisis centers across the country.

Who is your provider liaison?
Find out at azblue.com/liaison

988 enables anyone having thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress to connect with someone who can provide help and support.

A national effort aligning with the Foundation’s focus on mental health

The 988 launch coincides with initiatives launched by the newly established Blue Cross® Blue Shield® of Arizona (BCBSAZ) Foundation for Community & Health Advancement. The Foundation began operations earlier this year and initiated its funding focus on mental health. The Foundation is committing \$5 million over three years, including \$2 million in 2022 alone, for grants that will support efforts to expand statewide resources, reduce the stigma surrounding mental health, and connect people to care.

You can make a difference by committing the 988 suicide and crisis lifeline number to memory and sharing this life-saving resource with colleagues and patients.

For more information, visit the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#).

BCBSAZ member ID cards are available for download via eligibility and benefits search results.