



General Federation of Women's Clubs of Massachusetts



T Jablanski, President
Marisa Jablanski, Director of Junior Clubs

GFWC MA President and Director of Junior Clubs Special Projects
Good Mental Health, Wellness and Awareness ~ 2022-2024
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We are the co-chairmen of President T Jablanski's and Director of Junior Clubs, Marisa Jablanski's Special Projects: **Good Mental Health, Wellness and Awareness**. During this administration we will be focusing on maintaining good mental health for our members and the community.

DID YOU KNOW THAT A NEW 988 SUICIDE & CRISIS LIFELINE WAS INTRODUCED ON JULY 16, 2022?



People experiencing a mental health crisis have a new way to reach out for help in the U.S. They can simply call or text the numbers 988. This new three-digit number 988 was designed to make it simpler for people to call for help. 988 is easier to remember and quickly connects people who are suicidal or in any mental health or substance abuse crisis to a trained mental health professional.

HOW CAN YOUR CLUB SPREAD THE WORD IN YOUR COMMUNITY?

We are asking each Massachusetts Club to help spread the word about this important new 988 Suicide & Crisis Lifeline within their Club and communities. Please use the attached poster/flyer and card template that have the 988 branding logo. You can distribute to club members, schools, senior centers, libraries, town hall, food pantries, etc. Consider distributing magnets with this new 988 number so people can put them on their refrigerators or any visible location. We know all Clubs will get creative in sharing this information within their community.

WE WANT TO HEAR ABOUT YOUR PROJECT.

If you have any questions, please feel free to contact either of us. We are very interested in hearing how your Club helped spread the word about 988 within your community so we may share your unique ideas. Email us details and/or pictures on your project.

Visit the SAMHSA (Substance Abuse and Mental Health Services Administration) website for more information and required logo branding standards, www.SAMHSA.gov/find-help/988

Thank you,
Nancy and Mary