



SUICIDE PREVENTION LIFELINE PROVIDES HOPE TO THOSE IN NEED

Ellis is a call specialist for Greater Twin Cities United Way's Suicide Prevention Lifeline. She provides help, hope and support for those who are going through a difficult time.

"As call specialists, we are trained crisis counselors who work with individuals of any age across the state of Minnesota who are experiencing thoughts of suicide. **We're a point of access in times of crisis.**"

Building on the bridge role we play through 211, and in service to the very real mental health challenges surfaced in our research, in 2020 we embarked on the path to becoming a provider of the National Suicide Prevention Lifeline.

Since 2021, Greater Twin Cities United Way has partnered with the National Suicide Prevention Lifeline to offer suicide prevention support and mental health crisis intervention to callers throughout Minnesota. The service is available 24/7 and all calls are free and confidential.

"These are extremely turbulent times for youth, especially in the current climate. The past two years in the pandemic, with everything going on in the world, I can't imagine experiencing that myself. So it's really easy to sympathize for them."

If you, or someone you know, is struggling with suicide, dial 9-8-8 (or 1-800-273-8255) for immediate support.