

JUNE JULY

MCLEAN COUNTY COOPERATIVE EXTENSION 2024

Important Dates:

Family and Consumer Sciences Newsletter

Cooking with the Calendar July 2nd @ 10:30! Be sure to sign up!

CPR Training, sign up by July 12th, Class is July 17th @ 5:30.

Fair Open Home Viewing
Thursday, July 11th, 4:00 p.m. to 8:00 p.m.
Friday, July 12th, 4:00 p.m. to 8:00 p.m.
Saturday, July 13th, 4:00 p.m. to 8:00 p.m.

HELL-O Summer



Lesson of the Month:
Roll Call: In June we celebrate fathers, share a favorite memory with your father!

Thought of the Month
"A father is the one friend upon whom we can always rely." -Emile Gaboriau



Kelly Bland
McLean County Extension Agent for Family and Consumer Sciences

It's summertime, and that means it's fair season! It's time to showcase your talents and share your passions at the upcoming McLean County Fair. Whether you're a seasoned exhibitor or a first-time participant, we eagerly await your entries. From beautiful handmade quilts to mouthwatering baked goods bursting with flavor, each entry adds to our community's creativity and spirit. So, dust off those recipes, polish those prized woodworking pieces, and gather your paintings and crafts. Together, let's make this year's county fair a celebration of talent, tradition, and togetherness. Submit your entries Wednesday, July 10th from 8:00 a.m. to 12:00 p.m. at Myer Creek Park 4-H building and show off your talents and skills! Fair catalogs are still available at the Extension Office.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification

CANNING SEASON IS HERE!

Have you had your Pressure Canner tested? Call or stop by the McLean County Extension Office to get your canner tested for FREE! (It must be a dial gauge canner, and you only need to bring the lid!)



CPR TRAINING SESSION

SIGN UP BY: JULY 12TH

LEARN A LIFE SAVING TECHNIQUE

CPR

DATE: JULY 17TH 2024
TIME: 5:30
LOCATION: MCLEAN COUNTY EXT. OFFICE
FEE: \$15.00
CALL 270-273-3690 TO REGISTER

Cooperative Extension Service
 AN EQUAL OPPORTUNITY ORGANIZATION

FUN RUN FOR FREEDOM

Date: June 29th

Sign-In: 6:30 PM

Start Time

Bikes, Scooters, and More: 7:00 PM

Runners/Walkers: 7:05 PM

Event Details:

Dress in your best Red, White, and Blue and join us for a fun-filled walk, run, or ride! The path is just 1 mile long, so you can go at your own pace.

Collect cards along your journey; the top 5 hands at the end will win exciting prizes!

Entry Fee: Donations benefiting McLean County 4-H
 Questions? Text or Call 270-499-4969

Let's Get Cooking!

FREE

Cooking with the Calendar

Tuesday, July 2nd | 10:30 a.m.
 At the McLean County Extension Office
 335 West 7th Street, Calhoun

Try some new recipes, learn some nutrition tips, and cook your way through our NEP Calendar.

Class is FREE!

Call (270) 273-3690 by Friday, April 5th to register



Martin Gatton
 College of Agriculture
 Food and Environment
 University of Kentucky

Cooperative Extension Service

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Additional programs of specialty crop production, horticulture, and small business development are available through the College of Agriculture, Food and Environment. For more information, contact the Extension Office at 270-273-3690. The University of Kentucky is an Equal Opportunity Institution. All rights reserved. No part of this publication may be reproduced without the prior written permission of the University of Kentucky. Printed in the United States of America. © 2024 University of Kentucky. Lexington, KY 40546.

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There is no cure for ovarian cancer, but there are ways to potentially prevent it.



KNOW YOUR FAMILY HISTORY

A family history of breast, ovarian, uterine and/or colorectal cancer increases your risk for ovarian cancer.



GET GENETIC TESTING

20% of ovarian cancer cases are caused by a genetic mutation; one of the highest percentages among any cancer.



DISCUSS RISK-REDUCTION OPTIONS WITH YOUR DOCTOR

70% of ovarian cancer, the most common and lethal form, begins in the fallopian tubes. For those at average risk, removing the fallopian tubes at the same time as another planned pelvic surgery can prevent ovarian cancer. Individuals at increased risk may want to take additional steps.

Learn more about risk reduction @ ocrahope.org/preventovca

RISK FACTORS

↑ INCREASES RISK ↑



Family history of breast, ovarian, uterine and/or colorectal cancer



Inherited genetic mutation



Postmenopausal



Increased age

↓ DECREASES RISK ↓



Pregnancy



Breastfeeding



Use of oral contraceptives

SYMPTOMS



Bloating



Pelvic or abdominal pain



Difficulty eating/feeling full quickly



Frequent and/or urgent urination



If these symptoms are new, unusual, and persist for two weeks, see your doctor. If ovarian cancer is suspected, see a gynecologic oncologist.

OCRA ovarian cancer research alliance

OCRA is the world's leader in fighting ovarian cancer from all fronts—in the lab, on Capitol Hill, and by the side of patients and their families. Learn more about our commitment to finding a cure and the support services we offer at ocrahope.org

Get further information and support @ ocrahope.org

212-268-1002

Since 1977, one of KEHA's main health objectives has been to assist in funding ovarian cancer screening and research at the University of Kentucky Markey Cancer Center. KEHA members support the program by challenging each county to donate at least \$1 per member annually. Their fundraising efforts have raised more than \$1.5 million, but their work goes well beyond fundraising. They routinely participate in the screening program, organize trips to screening sites from around the state, promote ovarian cancer awareness and host educational events.

Fair Project Drop Off

4-H Check In:

July 11th 10am-3pm

Homemakers Check In:

July 10th from 8am-Noon

Pick Up:

Pick Up: July 15th 10am-Noon

UPCOMING

UPCOMING

**2024 OPEN HOME FAIR EXHIBIT ENTRIES
OPEN TO EVERY McLEAN COUNTY
RESIDENT**

**County-4-H Activities Building
Myer Creek Park
Open Home Viewing**

Thursday, July 11th, 4:00 p.m. to 8:00 p.m

Friday, July 12th, 4:00 p.m. to 8:00 p.m

Saturday, July 13th, 4:00 p.m. to 8:00 p.m



**Scan QR CODE
for Fair Book**



New to QR CODES?
Open your phone's camera and point it toward the code. Once a link pops up, click it! You're done. This will take you to a webpage!

EVENTS

EVENTS

**Green River Area
Homemakers
Annual Day**

Tuesday, September 24, 2024.

Registration begins at 10:00
am

Hartford Christian Church
122 W Walnut Street
Hartford, KY 42347

RSVP Shelia Decker, Ohio County
Homemaker President
(270)256-2650 by August 27, 2024

FOOD, FAMILIES, FARM AND FACTORIES.



6 SIMPLE WAYS TO PROTECT YOUR SKIN IN THE SUN

It only takes 15 minutes in the sun to damage your skin.

Before you head outside to enjoy the warm weather and sunshine, here's what you need to know to about sun safety and protecting your skin.

1. Always use sunscreen.

Choose a broad-spectrum sunscreen with SPF 15 or higher for protection against both UVA and UVB rays. Reapply every 2 hours, especially after swimming or sweating. Check the expiration date, and avoid using expired sunscreen. Remember to cover all exposed skin, and seek assistance for hard-to-reach areas like your back. Avoid makeup or lip balms without SPF 15 or higher.

2. Avoid peak sun.

Try not to schedule outdoor activities between 10 a.m. and 4 p.m.

3. Find some shade.

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter. Even when you are in shade, be sure to protect your skin by using sunscreen or wearing protective clothing.

4. Think about your outfit.

Long-sleeved shirts, long pants and skirts can protect you from UV rays. Tightly woven fabrics offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors protect more than lighter ones. Some clothing certified under international standards is specifically manufactured to provide UV protection.

If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

5. Wear a hat.

For the most protection, wear a hat with a brim all the way around that shades your face, ears and the back of your neck. Tightly woven fabric, such as canvas, works best to protect your skin from UV rays.

Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

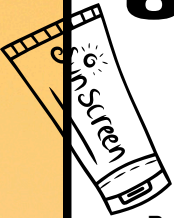
If you wear a baseball cap, you should also protect your ears and the back of your neck. Wear clothing that covers those areas, use a broad-spectrum sunscreen or stay in the shade.

6. Sunglasses are important, too.

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Wrap-around sunglasses work best because they block UV rays from entering on the side.

This content was produced by UK HealthCare Brand Strategy.



Fruited Coleslaw



Servings: Makes 6 Serving Size: 1/2 cup Recipe Cost: \$1.57 Cost per Serving: \$0.26

Ingredients:

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

Nutrition facts per serving: 100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium





Quick Couscous Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
 - 1 cup halved grape tomatoes or 1 large tomato, diced
 - 1/2 large cucumber or 2 small, diced
 - 1 small red onion, diced
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 cup grated parmesan cheese
 - 1/3 cup chopped fresh parsley (optional)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
 2. Prepare the couscous according to package directions. Set aside.

3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

Makes 7 servings
Serving size: 2/3 cup
Cost per recipe: \$6.27
Cost per serving: \$0.90



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

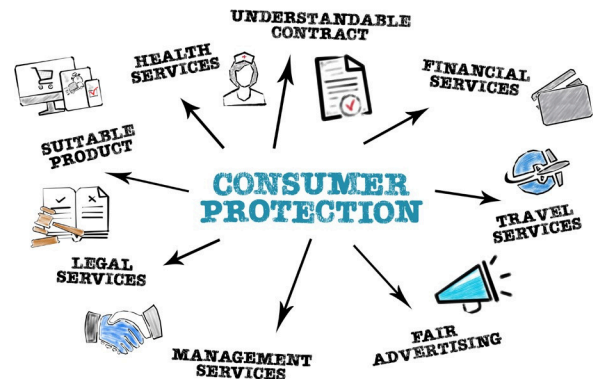
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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ADULT

HEALTH BULLETIN



JUNE 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page →



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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

➔ Continued from the previous page

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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Stock images:

Adobe Stock





988 SUICIDE & CRISIS LIFELINE

What is 988?

988 is the easy to remember three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress.

The 988 Suicide & Crisis Lifeline, administered by Vibrant Emotional Health and the Substance Abuse and Mental Health Services Administration (SAMHSA), is active across the United States.

THREE WAYS TO ACCESS SUPPORT:



Call **988**



Text **988**



Chat **988lifeline.org/chat**

The pre-existing Lifeline number, 800-273-8255 (TALK), will continue to function indefinitely. If a life-threatening crisis is underway (such as a suicide attempt in progress), call 911.

Numerous studies have shown that most **988 SUICIDE & CRISIS LIFELINE** callers feel significantly less depressed, less suicidal, less overwhelmed and more hopeful after speaking to a Lifeline crisis counselor.


More than **98%** of Lifeline interactions are resolved without involving 911.

What do I need to know about 988?

- When you call 988, your call gets routed to a local Lifeline network crisis center based on your area code. If the local crisis center is unable to take the call, you'll be automatically routed to a national backup crisis center.
- Trained crisis counselors help you through the crisis, and if appropriate, connect you with resources in their community.
- Veterans, active military and their families can call 988 and press option 1. This process is the same as it has been in the past for Veterans; however, it's now simpler with the shortened 988 number. LGBTQI+ youth and people under 25 also have a specialized option available.
- When you reach out to 988, the Lifeline crisis counselor who responds to you will know your phone number if you call/text, or your IP address if you use chat. Beyond that, they will not know who you are or where you are located. You are not required to provide any personal information to receive support from the 988 Suicide & Crisis Lifeline.
- Currently, text and chat functionality are only available in English. Phone service is available in English and Spanish, with translation services available in 250 additional languages.
- The long-term vision of 988 is to expand access to comprehensive crisis care services, offering people someone to talk to, someone to come to them and somewhere to go, as needed.
- Similar to how the 911 infrastructure developed over many years, the capacity of 988 to deploy mobile mental health crisis teams in the near term will be based on each community's current crisis care infrastructure.

How does 988 compare to 911?

- 988 was established to improve access to crisis services in a way that specifically meets our country’s growing needs related suicide and mental health crises.
- 988 provides easy access to the Lifeline, a network of over 200 local, independent and state-funded crisis centers and related resources equipped to help people in emotional distress. This objective is distinct from the public safety purposes of 911, where the focus is on dispatching emergency medical services, fire and police as needed.



	911	988
Nationwide network to route calls	No , calls to 911 only go to the single public safety answering point in any specified area. There is no backup network or other routing to ensure calls are answered.	Yes , calls to 988 are routed through a central administrator to regional crisis centers and, if needed, a national backup network to ensure calls are answered quickly.
Assistance available via text	No national backup network	Yes
Assistance available via chat	No	Yes
Call centers with trained professionals	Yes	Yes
Provide de-escalating emotional support via phone, text or chat	Yes , via dispatch until EMS personnel arrive	Yes, the contact is the intervention
Provide referrals to community-based resources	Yes	Yes
Capacity to dispatch mobile emergency response personnel	Yes	Not in all locations
Capacity to provide emergency care	Yes , throughout the dispatch and transport process	Not in all locations
Capacity to connect to ongoing treatment	No	Yes , by providing referrals to local treatment providers, although the capacity of that local system may be limited.
Funding through fees assessed on phone bills	Yes , well established	No , not yet well established

References

- Substance Abuse and Mental Health Services Administration (SAMHSA). (n.d.). *988 Suicide & Crisis Lifeline*. <https://www.samhsa.gov/sites/default/files/988-factsheet.pdf>.
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2022, Sept. 2). *988 Frequently Asked Questions*. <https://www.samhsa.gov/find-help/988/faqs#about-988>.
- The National Council for Mental Wellbeing. (2022, July 13). *988 Implementation and Future Priorities*. <https://www.thenationalcouncil.org/resources/988-implementation-and-future-priorities>.