Understanding 988: What It Is and How It Works

Mental Health Workshop

Presented by Athena Thomas of EveryMind as part of the *Be The One Series*, hosted by the Center for Counseling and Well-Being (CCW).

- Thursday, November 5, 2026
- 11:00 a.m.–12:00 p.m.
- **VIRTUAL WORKSHOP**
- Open to students, staff & faculty
- Certificate of completion provided

Learn about the 988 Suicide & Crisis Lifeline, what happens when someone reaches out, and how this resource can help.

PRE-REGISTER WITH THIS QR CODE

Email: roxannei@umd.edu

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