



## ***Here is What's New? in our July 2024 Edition:***

### **STOP PRESS:**

#### **Know About The 988 Suicide & Crisis. It's There For You In your Time Of Need!:**

988 is now the three-digit dialing code that routes callers to the 988 Suicide & Crisis Lifeline (or 988 Lifeline). On July 16, 2022, the 988 Lifeline transitioned away from the National Suicide Prevention Line reached through a 10-digit number to the three-digit 988 Lifeline. Please **CLICK** on the following link: [STOP PRESS](#)

#### **988 Mental Health Crisis Calls May Soon Be Routed Based On Location Rather**

**Than Area Code:** The US Federal Communications Commission has taken the first step toward adopting a rule that would require telecommunications companies to route calls to the 988 suicide and crisis lifeline based on the caller's physical location rather than their phone number's area code. Please **CLICK** on the following link: [STOP PRESS](#)

### **Guidance Articles:**

**5 Ways To Lose The Victim Mindset – 5 Ways To Recognize It:** In this video, Dr. Tracey Marks (psychiatrist) explains how to break out of the victim mindset. She gives 5 ways to recognize whether you have this mindset and 5 solutions to break out of this mindset. Please **CLICK** on the following link: Please **CLICK** on the following link: [Guidance Articles](#)

**How To Identify And Deal With A Victim Mentality:** Do you know someone who seems to become a victim in nearly every situation? It's possible they have a victim mentality, sometimes called victim syndrome or a victim complex. Please **CLICK** on the following link: [Guidance Articles](#)

## **Cochlear Implant Info:**

### **Want To Know More About Cochlear Implant Basics? Would You Also Like To Listen To A Music Station Founded Specifically For People With Hearing Loss?**

If you want to know more about Cochlear Implant Basics, get yourself a copy of Richard Pocker's "Cochlear Implant Basics: What a Candidate for a Cochlear Implant Needs to Know". This paperback is designed to help the candidate navigate the process and dispel some of the misconceptions about cochlear implants. Also, there is an interesting radio station founded by Nanette Florian, a musician with severe hearing loss. She has founded an internet radio station specifically for people with hearing loss, called Hear Music Again. Here is the link: <https://www.hearmusicagain.org/> .Have fun! Please **CLICK** on the following link: [Cochlear Implant Info](#)