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May 5, 2020

The Honorable John Katko  
U.S. House of Representatives  
2457 Rayburn House Office Building  
Washington, D.C. 20515

The Honorable Grace Napolitano  
U.S. House of Representatives  
1610 Longworth House Office Building  
Washington, D.C. 20515

The Honorable Don Beyer  
U.S. House of Representatives  
1119 Longworth House Office Building  
Washington, D.C. 20515

Dear Representatives Katko, Napolitano, and Beyer;

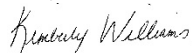
Vibrant Emotional Health (Vibrant), a leading mental health organization at the forefront of promoting emotional wellbeing and the administrator of the National Suicide Prevention Lifeline (Lifeline) and the Disaster Distress Helpline (DDH), thanks you for the introduction of H.R. 4564, the "Suicide Prevention Lifeline Improvement Act of 2019". Suicide is the 10<sup>th</sup> leading cause of death in the United States. As leaders, advocates, educators, and innovators in mental health, Vibrant believes that that everyone can achieve emotional wellness with the right care and support. For these reasons, Vibrant is pleased to support the Suicide Prevention Lifeline Improvement Act of 2019.

As the nation faces unprecedented challenges to our individual and collective mental health, now is the time for bold, comprehensive, and dedicated actions to prevent death by suicide. Established in 2005 the Lifeline is the nation's most recognized suicide and mental health crisis line, receiving 2.2 million calls in 2019. Research has shown that having access to crisis care can reverse suicidal ideation and save lives. Both the Lifeline and DDH utilize the four cornerstones of crisis counseling - active listening, validation, normalization, and psycho-education- to assist callers in need.

Under Vibrant's centralized administration of the Lifeline, national standards of practice have been established, assuring that callers in crisis receive evidence-informed care no matter when or where their call is answered. Reports from the Substance Abuse and Mental Health Services Administration and the Federal Communications Commission have noted that this standardization of care across the Lifeline network has been shown to effectively reduce emotional distress and suicidality.

H.R. 4564 builds upon the strides made to provide effective crisis care and prevent suicides. Vibrant recognizes that robust funding and additional network capacity are needed to optimize prevention efforts. We welcome the opportunity to work with your offices and other stakeholders to improve access to crisis care, prevent suicide, and promote mental and emotional wellbeing.

Sincerely,



Kim Williams, President and CEO  
Vibrant Emotional Health

**Hope  
Happens  
Here.**