Comment regarding the NACC 3-Digit Number report:

The National Suicide Hotline Improvement Act means a lot to me, as I am very well versed in this area. I work on a suicide hotline and I believe that this Act will help tremendously in the community all across the United States. So many people stigmatize mental health as not being important, but it is so important. I feel all people will benefit from the ease of dialing a national 3-digit code, rather than having to take the time to search the National Suicide hotline phone number on the internet. Many people in crisis situation do not have the capacity to think clearly to be able to remember such a long phone number or to even look one up for that matter. It is also Important to note, that all people will benefit from this, not just people with mental illnesses. Everyone needs to take care of their mental health, and I feel this Act will make people feel better about reaching out.

Thank You,

Lauren Cooper