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FOR IMMEDIATE RELEASE

Vibrant Emotional Health Launches “Safe Space,” a Digital Resource for People Seeking Emotional Support

Safe Space Creates a Unique, Digital Home of Self-Help Tools, Education, and Resources

NEW YORK, NY (March 3, 2020) – Vibrant Emotional Health (Vibrant), the nonprofit administrator of the National Suicide Prevention Lifeline (Lifeline), announced today the launch of [Safe Space](#), a digital resource offering supportive resources and tools in an emotionally safe environment. Vibrant’s Safe Space provides evidence-based, self-help digital tools, education, crisis services, and resources for anyone needing emotional support, including those in distress who may not be inclined to use crisis services like the Lifeline.

“At Vibrant, we want to revolutionize what access to care means, and provide more ways to support people in crisis,” says Kimberly Williams, President and CEO of Vibrant Emotional Health. “Safe Space does this by giving people the opportunity to choose their own resources for self-care in a digital environment.”

Vibrant believes everyone can achieve emotional wellbeing and Safe Space is another opportunity for individuals to achieve wellbeing with dignity and respect. Studies indicate that people seeking help online are less likely to disclose their suicidality offline, and exposure to suicide prevention websites featuring coping tips, education, and stories of hope and recovery can help reduce suicidal thoughts. Research has also shown that allowing people to choose their own digital supports when they most need them can have a positive impact on mental health.

Safe Space supports people in emotional distress by building soothing music and interactive tools into the calming environment. The tools were designed using best practices in suicide prevention and were evaluated by Vibrant’s suicide prevention experts. Updates and evaluations of the Safe Space will incorporate public feedback using a built-in voting and testimonial system, resulting in a dynamic bank of resources assessed by experts as well as persons with lived experience.

To visit the Safe Space, visit vibrant.org/safespace.

The resources and tools in the Safe Space should not be used as a replacement for crisis or emotional health services. If you are in emotional distress or suicidal crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or visit Lifeline’s Crisis Chat at suicidepreventionlifeline.org/chat.

About Vibrant Emotional Health

Vibrant Emotional Health is a non-profit organization that helps individuals and families achieve emotional wellbeing. For over 50 years, our groundbreaking solutions have delivered high-quality services and support, when, where and how people need it. We offer confidential emotional support through our state-of-the-art contact center and crisis hotline services that use leading edge telephone, text and web-based technologies and include the National Suicide Prevention Lifeline, NFL Life Line and NYC Well. Through our community wellness programs individuals and families obtain supports and skills they need to thrive. Our advocacy and education initiatives promote mental wellbeing as a social responsibility. Each year we help more than 2.5 million people live healthier and more vibrant lives. We’re advancing access, dignity and respect for all and revolutionizing the system for good. Visit vibrant.org. And follow Vibrant on [Twitter](#), [Facebook](#) and [Instagram](#).

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