National Suicide Prevention Lifelines

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



1-800-273-TALK (8255)

suicidepreventionlifeline.org

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1-888-628-9454

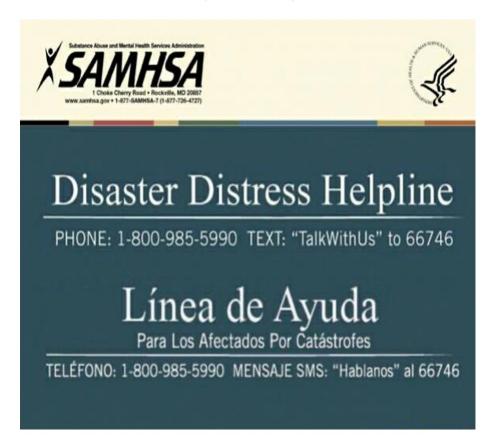
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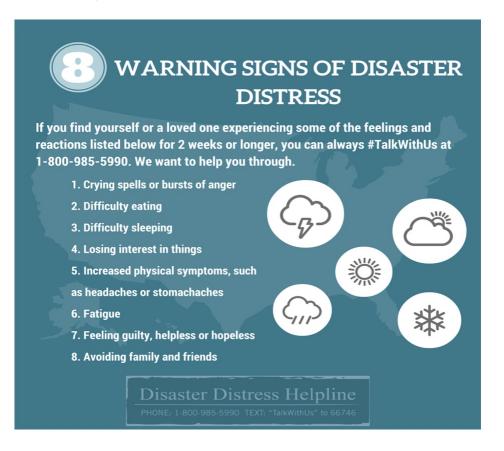




Disaster Distress Helpline

a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster





Crisis Text Line

Free 24/7 support for those in crisis. Text from anywhere in the US to text with a trained Crisis Counselor.





In crisis?

Text HELLO to 741741 and speak anonymously with a Crisis Counselor.

WarmLines

Unlike a hotline for those in immediate crisis, <u>warmlines</u> provide early intervention with emotional support that can prevent a crisis. The lines are free, confidential peer-support services.

Need Someone to Talk To?

If it's not a Crisis,
Call a WarmLine.



www.WarmLine.org



LGBTQI+ Suicide Prevention Lifelines

Free 24/7 support for those who are LGBTQI+.

Text or call from anywhere in the US to text with a trained Crisis Counselor.

GET HELP 24/7:









The first U.S. transgender suicide hotline is up and running! Spread the word for someone who needs it:

Trans Lifeline 1-877-565-8860

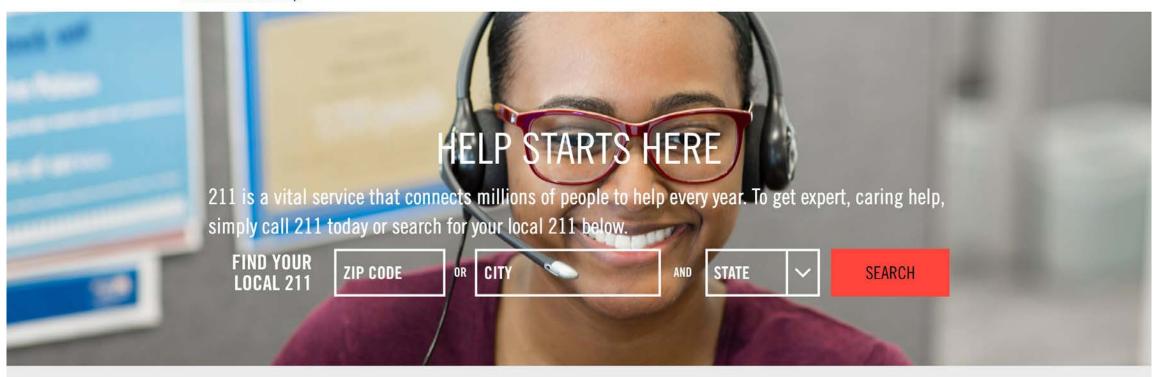


HOW WE HELP



ABOUT

DONATE



Not sure where to turn? We are here for you.

COVID 10 (CODONAVIDUE) MANDEMIC

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Online/Mobile Applications

- MY3
- ☐ Virtual Hope Box
- □ notOK
- ☐ A Friend Ask
- ☐ The PTSD Coach
- ☐ Calm
- ☐ Calm Harm
- □ WellTrack
- ☐ Headspace