

Free Confidential Crisis/Suicide Intervention Services

Trained staff are available to help you

* **National Suicide Prevention Lifeline**

1-800-273-8255

www.suicidepreventionlifeline.org

* **Suicide Prevention Hotline**

1-800-506-5991

* **Suicide Hotline 1-800-SUICIDE (784-2433)**

1-800-273-TALK (8255)

* **Suicide Prevention Hotline**

1-800-827-7571

* **Text LISTEN to 741-741**

Crisis Text Line (CTL) serves you in any type of crisis, providing you access to free emotional support and information they need via text. Here's how it works:

- A young person texts CTL anywhere, anytime (24 hours per day 7 days per week)
- A live, trained specialist receives the text and responds quickly
- The specialist helps you stay safe and healthy with effective, secure counseling and referrals through text messages using CTL's platform

* **Live Online Chat:**

(1) ImAlive.org (Live Online Chat)

(2) CrisisChat.org (Live Online Chat)