

Resources for Help You are not alone.



988 | SUICIDE & CRISIS
LIFELINE

Emergency Services Contacts

988 Suicide & Crisis Lifeline	Call or text 988 Available 24/7 Chat: 988lifeline.org English & Spanish	Trained counselors for immediate support for suicide, mental health, drug and alcohol and other issues
Crisis Text Line	Text HOME to 741741	Trained crisis counselors 24/7
SAMHSA National Helpline	1-800-662-4357 Available 24/7, 365 days a year	Free and confidential Substance Abuse and Mental Health Hotline: FindTreatment.gov
Veterans Crisis Line	1-800-273-8255, Press 1 Specifically for veterans	24/7 support Chat and text options available
Emergency Services	Call 911 for immediate physical danger	

Mental Health Resources for Individuals and Families

American Federation for Suicide Prevention	AFSP.org	Resources for individuals, families and organizations to prevent suicides and to cope after a suicide
Samaritans	SamaritansHope.org	Hotline, suicide prevention, grief counseling (free and virtual for access from anywhere)
National Alliance on Mental Illness (NAMI)	NAMI.org	Support groups for individuals and families, local chapters, peer support programs
Mental Health America	MHANational.org	Mental health screening tools (anonymous and free), local resources
Veteran Affairs	MentalHealth.va.gov/suicide_prevention/	Wide range of services for veterans

Workplace Resources

Workplace Suicide Prevention	WorkplaceSuicidePrevention.com	Resources for organizations about preventing suicides in the workplace
QPR Institute	QPRInstitute.com	Question, Persuade, Refer: suicide prevention training programs, Train-the-trainer
OSHA	OSHA.gov/ PreventingSuicidesWorkplace	Links to relevant industry resources Guide: "Critical Steps Your Workplace Can Take Today to Prevent Suicide"