

Resources for help You are not alone.

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 HardHatCourage.com	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, educational resources, local chapters, peer support programs
Mental Health America	MHANational.org	Mental health screening tools (anonymous and free), local resources

Government and Regulatory Resources

QPR Institute	QPRInstitute.com	Question, Persuade, Refer: suicide prevention training programs, Train-the-trainer
Veteran Affairs	MentalHealth.va.gov/suicide_prevention/	Wide range of services for veterans
Workplace Suicide Prevention	WorkplaceSuicidePrevention.com	Resources for organizations about preventing suicides in the workplace



Need Help?

Call or text for yourself or a friend.



988 | SUICIDE & CRISIS
LIFELINE



Caring counselors 24-7

If you need to talk, the 988 Lifeline can help if you are facing mental health struggles, emotional distress, alcohol or drug use concerns.

You are not alone.

For additional resources for suicide prevention and mental health:
American Foundation for Suicide Prevention - [AFSP.org](https://afsp.org) or 988lifeline.org