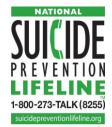
## **National Suicide Prevention Hotlines**



## **The National Suicide Prevention Lifeline**

#### Toll-free/24 hour/7 days a week

Confidential suicide prevention hotline for anyone that is in suicidal crisis or emotional distress. Call in English: 1-800-273-TALK (8255) Ayuda en Español: 1-888-628-9454



#### The Veterans Crisis Line

#### Toll-free/24 hour/7 days a week

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even to those not registered with VA or enrolled in VA health care. Call:

1-800-273-TALK (8255), then press 1 **Text:** 838-255



### **Crisis Text Line**

Free to Sprint, AT&T, Verizon, & T-Mobile customers/24 hour/7 days a week

Crisis Text Line serves anyone, in any type of crisis, providing support and information.

# WE'RE HERE FOR YOU USA: (877) 565.8860 CAN: (877) 330.6366

## **Trans Lifeline**

#### Toll-Free/ See website for live hours

Trans Lifeline's Hotline is a peer support service run by transgender people, for transgender and questioning callers in crisis or distress.



#### **Trevor Lifeline**

Toll-Free/24 hour/7 days a week

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25.



Text: HELLO to 741-741 Send a Facebook message: https://facebook.com/crisi stextline

Call: 877-565-8860 Visit: https://www.translifeline. org/hotline

Call: 1-866-488-7386 Text\*: Text "START" to 678678 \*see website for hours