



**SAVE
THIS
PAGE**



CRISIS TEXT LINE



Text CONNECT to 741741

Crisis Text Line is a free 24/7 texting only support service. You are connected to a live, trained crisis counselor to help move you from a hot moment to a cool calm while helping you create a plan to stay safe and healthy.

www.crisistextline.org

CRISIS TEXT LINE | 



SUICIDE PREVENTION LIFELINE

Call (800) 273-8255

The lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. www.suicidepreventionlifeline.org



**NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org**

The National Suicide Prevention Lifeline website also has information on providing support on social media, such as how to report a suicidal post on Facebook, self-harm on Twitter or a safety concern on SnapChat. They have information on engaging and supporting someone online.

Other Reputable Resources: 

www.mentalhealthfirstaid.org

www.twloha.com

www.bethe1to.com

