

<https://suicidepreventionlifeline.org/>

1-800-273-8255 En Español | For Deaf & Hard of Hearing

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

Call the **National Suicide Prevention Lifeline (Lifeline)** at **1-800-273-TALK (8255)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the **Crisis Text Line's website**.

The **Veterans Crisis Line** connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.



<https://www.sprc.org/>



Suicide Prevention Resource Center

About Suicide Effective Prevention Resources & Programs Training News & Highlights Organizations

<https://www.samhsa.gov/find-help/suicide-prevention>

Suicide Prevention

SAMHSA provides suicide prevention information and other helpful resources to behavioral health professionals, the general public, and people at risk.