



YOU MATTER!!

SUICIDE PREVENTION RESOURCES

- **NATIONAL SUICIDE PREVENTION LIFELINE**
 - *Call:* 1-800-273-TALK (1-800-273-8255)
 - *Chat online:* <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
 - For the *hearing impaired*, contact the Lifeline by TTY at: 1-800-799-4889

- **THE TREVOR HELPLINE** *specializes in LGBTQ suicide prevention
 - *Call:* 1-800-850-8078

- **NATIONAL HOPELINE NETWORK**
 - *Call:* 1-800-442 HOPE (1.800.442.4673)

- **KIDS HELP PHONE**
 - *Call:* 1-800-668-6868
 - *Download the App:* “Always There”

- **CRISIS TEXT LINE**
 - *Text:* HELLO to 741741

- **TEEN 2 TEEN HOTLINE**
 - *Call:* 310-855-4673
 - *Text:* TEEN to 839863

- **FOUR WINDS**
 - *Call:* 518-584-360

- **PARSONS ON CALL**
 - *Call:* 518-431-1650