



Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

Suicide Prevention Resources: All resources available 24/7

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

Veterans: Press 1

En Espanol: Presione 2

For TTY Users: Use your preferred relay service or dial 711 then 988

Crisis Text Line

Text HOME to 741741

Text with a trained counselor for free

The Trevor Project

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, cat, and text support for LGBTQ+ youth

The Friendship Line

1-800-971-0016

Crisis and warm line for adults 60+ years operated by Institute on Aging

For mental health resources visit the Take Action for Mental Health campaign at www.TakeAction4MH.com

To learn the warning signs, visit:

suicideispreventable.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63)

Photo By: The Gender Spectrum Collection