



# 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](https://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/](https://www.thetrevorproject.org/get-help-now/)

Phone, chat, 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](https://www.TakeAction4MH.com)

To learn the warning signs, visit:

**[suicideispreventable.org](https://suicideispreventable.org)**



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

Photo By: The Gender Spectrum Collection