

**There is always  
Help and Hope out there.  
You are not alone.**

## **Need Someone To Talk To?**

---

### **National Suicide Prevention Lifeline:**

A confidential suicide or crisis helpline, available 24/7.

- 1-800-273-TALK (8255), or text ANSWER to 839863.
- ¿Hablas español? Llama 1-888-628-9454.
- Those who are deaf or hearing impaired should call 1-800-799-4889.

### **Crisis Text Line:**

- Text HOME to 741741.



### **The Trevor Project (LGBTQ+):**

A confidential helpline for LGBTQ+ teens, available 24/7.

- Call 1-866-488-7386.

**There is always  
Help and Hope out there.  
You are not alone.**

## **Need Someone To Talk To?**

---

### **National Suicide Prevention Lifeline:**

A confidential suicide or crisis helpline,  
available 24/7.

- 1-800-273-TALK (8255), or text ANSWER to 839863.
- ¿Hablas español? Llama 1-888-628-9454.
- Those who are deaf or hearing impaired should call 1-800-799-4889.

### **Crisis Text Line:**

- Text HOME to 741741.



### **The Trevor Project (LGBTQ+):**

A confidential helpline for LGBTQ+ teens,  
available 24/7.

- Call 1-866-488-7386.

**There is always  
Help and Hope out there.  
You are not alone.**

## **Need Someone To Talk To?**

---

### **National Suicide Prevention Lifeline:**

A confidential suicide or crisis helpline, available 24/7.

- 1-800-273-TALK (8255), or text ANSWER to 839863.
- ¿Hablas español? Llama 1-888-628-9454.
- Those who are deaf or hearing impaired should call 1-800-799-4889.

### **Crisis Text Line:**

- Text HOME to 741741.



### **The Trevor Project (LGBTQ+):**

A confidential helpline for LGBTQ+ teens, available 24/7.

- Call 1-866-488-7386.