



**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

Spanish/Español: 1-888-628-9454

**Crisis Text Line**

Text HOME to 741-741

**Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

