



You Can!

Talk to Someone Now

1-800-273-8255

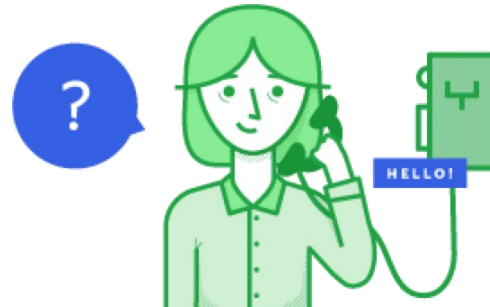
National Suicide Prevention Lifeline



If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. The Lifeline is available for everyone, is free, and confidential.

What Happens When I Call The Lifeline?

1. First, you'll hear a message telling you that you've reached the National Suicide Prevention Lifeline.
2. You will hear a little hold music while you are connected.
3. A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will answer the phone.
4. This person will listen to you, understand how your problem is affecting you, provide support and share any resources that may be helpful.



Options For Deaf + Hard of Hearing: 1-800-799-4889

**Veterans Crisis Line:
1-800-273-8255**

Should I Call The Lifeline?

- People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.
- No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, **call the Lifeline. It could save your life.**

Remember, your call is confidential and free.

Source: <https://suicidepreventionlifeline.org>

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