



# NEED HELP?

There are lots of ways and  
***places to get help.***

## Call/Text

National Suicide Prevention Lifeline: 800-273-TALK (8255)

NAMI Crisis Text Line: Text NAMI to 741-741

National Domestic Violence Hotline: 800-799-SAFE (7233)

National Sexual Assault Hotline: 800-656-HOPE (4673)

National Suicide Hotline: 1-800-SUICIDE (784-2433)

## Websites

<https://www.nami.org/>

<http://suicidal.com/index.html>

<http://suicidepreventionlifeline.org/>

<https://save.org/>