

**If you or someone you know is in crisis,
text “CARE4U” to 741741**

**or call The National Suicide Prevention Lifeline
at 1-800-273-TALK (8255)**

or call 911 immediately.

Call the Lifeline Anytime, 24/7

 **1-800-273-8255**

CHAT WITH US

National Suicide Prevention Lifeline

 **1-800-273-8255**

CHAT WITH LIFELINE

Resources For people who are Deaf, Hard of Hearing, or have hearing loss:

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- Online chat – Click the Chat button below
- Video relay Service – Dial [800-273-8255](tel:800-273-8255)
- TTY – Dial [800-799-4889](tel:800-799-4889)
- Voice/Caption Phone – Dial [800-273-8255](tel:800-273-8255)

Nacional de Prevención del Suicidio

1-888-628-9454