

MENTAL HEALTH CRISIS RESOURCES

bring
change
to mind

CRISIS TEXT LINE |

CRISIS TEXT LINE

A free, 24/7, confidential service where you can text a trained Crisis Counselor if you or someone you know needs support.

TEXT "BC2M" TO **741741**

988 SUICIDE & CRISIS LIFELINE

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free 24/7, confidential emotional support to people in suicidal crisis or emotional distress.

CALL **988** OR **1-800-273-TALK** (1-800-273-8255).

love is respect

LOVE IS RESPECT NATIONAL DATING ABUSE HELPLINE

A project of the National Domestic Violence Hotline, love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.

CALL **1-866.331.9474** | TEXT "LOVEIS" TO **22522**

THE TREVOR PROJECT For Young LGBTQ Lives

THE TREVOR PROJECT

Provides 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

CALL **1-866-488-7386** | TEXT "START" TO **678678**