

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

1-800-273-8255

In a crisis?

Text HOME to 741741

**to connect with a
Crisis Counselor**

Free 24/7 support at your fingertips.