

National Suicide Prevention Lifeline

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

[Lifeline \(suicidepreventionlifeline.org\)](https://www.suicidepreventionlifeline.org)

In a crisis?

**Text HOME
to 741741 to connect
with a Crisis Counselor**

Free 24/7 support at your fingertips.

[Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#)