

National Suicide Prevention Lifeline

Tel:1-800-273-8255

<https://suicidepreventionlifeline.org/>

Text HOME to 741741 to connect with a Crisis Counselor

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

Trevor Lifeline for LGBTQ Youth

Tel://1-866-488-7386

Text 'START' to 678-678

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

National Helpline

Tel:1-800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

Disaster Distress Helpline

Call or Text 1-800-985-5990

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Domestic Violence Hotline

Tel:1-800-799-7233

Text 'START' to 88788

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

Veterans Crisis Line Tel:1-800-273-8255 Press 1 or Text 838255

<https://www.veteranscrisisline.net/>

National Sexual Assault Hotline

Tel: 1-800-656-HOPE (4673)

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

For Further Assistance or Information

Contact

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