



Resilience & Recovery

Suicide Prevention Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1

En Español: **1-800-628-9454**

For Deaf & Hard of Hearing: **1-800-799-4889**

Text EMM to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7

The Trevor Project

Phone, chat, and text support for LGBTQ+ youth.

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Friendship Line

1-800-971-0016

Crisis and warm line for adults 60 years and older operated by Institute on Aging

Each Mind Matters Resource Center www.EMMResourceCenter.org

For suicide prevention resources in many different languages.

suicideispreventable.org



Funded by counties through the Mental Health Services Act (Prop 63).