Take Action For Suicide Prevention

Know the Signs • Find the Words • Reach Out



Thriving At All Ages

Suicide Prevention Resources

All resources available 24/7

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1
En Espanol: **1-888-628-9454**
For Deaf & Hard of Hearing: **1-800-799-4889**

Text "HOPE" to 741-741
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

For mental health resources visit the Take Action for Mental Health campaign at **www.takeaction4mh.com**

suicideispreventable.org

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