

# Resources for Mental Health **DISTRESS**

“I am so glad you told me, let’s get some help.”



Go with your colleague to the nearest private phone and dial BSWH Peer Support Crisis Line @ **1-888-674-PEER** or EAP @ **877-622-4327**. Tell the intake person you have a colleague in mental health distress and need to speak with an intake social worker



They will assess the level of distress and provide recommended resources for therapeutic support.



# National Resources

## National Suicide Prevention Hotline:

**CALL 9-8-8**

**TEXT 'HELLO' to 741741** (hard of hearing TTY at 1-800-799-4889)

**ONLINE @ <https://suicidepreventionlifeline.org>**

## Veterans Crisis Line:

**CALL 1-800-273-8255 (TALK)** (press 1)

**TEXT** message to **838255**

**CHAT** (confidential online) @ [veteranscrisisline.net/get-help/chat](https://veteranscrisisline.net/get-help/chat)

## American Foundation for Suicide Prevention:

**ONLINE @ <https://afsp.org>**

