

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

American Foundation for Suicide Prevention:

ONLINE @ <https://afsp.org>

