Crisis Resources

**Suicide & Crisis Lifeline:** Call or Text 988
Press 1 for Veterans
Oprima 2 para español

**Crisis Text Line:** Text HEAL to 741741

**LGBTQIA+:**
*Trevor:* 866-488-7386
*Trans Lifeline:* 877-565-8860

Call trusted family member, friend, or faith leader

As a last resort, call 911
Many suicides are preventable. You can do something.

LOOK FOR SIGNS
• Emotions, actions, experiences

EMPATHIZE AND LISTEN
• Offer compassion, not advice

ASK ABOUT SUICIDE
• Be direct, calm, and courageous “Are you thinking about suicide?”

REDUCE THE DANGER
• Remove or lock up firearms and meds

NEXT STEPS: SEEK HELP
• Contact a crisis line or professional for help
(See over)