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SUICIDE & MENTAL HEALTH ASSISTANCE LIFELINES:

Source: posted by the International Foundation for Research and Education on Depression.

U.S. IMMEDIATE TELEPHONE SUPPORT:

If you or someone you know needs immediate help in the U.S., call any of the lines for hope below to talk to someone in your local area. They can listen to you and direct you to local resources if further assistance is needed. If someone has talked to you about suicide, and you believe they are currently a threat to themselves or someone else but won't take your help, call 911. For additional information how to deal with a crisis after first responders arrive please refer to <https://thebmsproject.org/crisis-intervention-overview/>

988	New Suicide Prevention Lifeline (Available everywhere nationally 7/16/22)
(800)273-8255	1-800-273-TALK National Suicide Prevention Lifeline (This number will continue to work after the "988" becomes active)
(877)968-8454	1-877-YOUTHLINE Teen to Teen Peer Counseling Hotline
(888)628-9454	National Suicide Prevention Lifeline: Spanish Language Available
(800)784-2432	1-800-SUICIDA Spanish Speaking Suicide Hotline
(866)488-7386	Trevor Life Line for LGBTQ Support



Here for our youth!

First-Step Mental Health Services