



**There is always help and hope out there.  
You are not alone.**

## **Need Someone To Talk To?**

### **National Suicide Prevention Lifeline:**

A confidential suicide or crisis helpline.

Available 24/7. 1-800-273-8255.

Or text ANSWER to 839863.

### **Crisis Text Line:**

Text HOME to 741741

### **The Trevor Project:**

A confidential helpline for LGBTQ teens.

Available 24/7. Call 1-866-488-7386.