

SUICIDE

Call: 1-800-273-8255
OR
Text: Hello to 741741

DOMESTIC VIOLENCE

Call: 1-800-799-7233
OR
Text: Support to
741741

GRIEF

Call: 1-800-445-4808
OR
Text: Care to 839863

MENTAL HEALTH

Call: 1-800-950-6264
OR
Text: NAM to 741741

SELF HARM

Call: 1-800-366-8288
OR
Text: Connect to
741741

BULLYING

Call: 1-800-420-1479
OR
Text: Home to
741741

SEXUAL ASSAULT

Call: 1-800-656-4673
OR
Text: Home to
741741

LGBTQ+

Call: 1-866-488-7386
OR
Text: Start to 676678

HELP WHEN YOU NEED IT MOST.

Everyone needs a little help sometimes.

**Get confidential help 24-7 by calling or
texting the national hotlines.**

HELP NET

Call: 1-800-969-6162

EATING DISORDERS

Call: 1-800-931-2237
OR
Text: NEDA to
741741

PREGNANCY & CHILD LOSS

Call: 1-800-944-4773
OR
Text: Hello to 741741

LOCAL RESOURCES

Call or Text 211

