



## **Suicide and Distress Crisis Lines**

National Suicide Prevention Lifeline	1-800-273-Talk (8255)
Crisis Text Line	741741 (Text)
Suicide and Crisis Lifeline	Dial 988 on your phone
Veterans Crisis Line	1-800-273-8255 (press 1)
Veterans Crisis Text Line	838255 (Text)
Military Help Line	1-888-457-4838
Disaster Distress Helpline	1-800-985-5990
Suicide.org Crisis Line	1-800-784-2433
Youth Crisis Line	1-877-968-8491
Trevor Lifeline	1-866-488-7386
Trans Lifeline	1-877-565-8860