

# National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[1-800-273-8255](tel:1-800-273-8255)

<https://suicidepreventionlifeline.org/>

CRISIS TEXT LINE |

Text LEV to 741741.

The Crisis Text Line **serves anyone, in any type of crisis**, providing access to support and information via a medium people already use and trust: text. The process is very easy, all you have to do is text 741741 to get connected to our crisis text line.

[https://www.projectextreme.org/lev741741.html?gclid=EAIaIQobChMIkOS25sKD8gIVciGtBh3kkgg2jEAAYASAAEgKUHfD\\_BwE](https://www.projectextreme.org/lev741741.html?gclid=EAIaIQobChMIkOS25sKD8gIVciGtBh3kkgg2jEAAYASAAEgKUHfD_BwE)