

## Mental Health Hotlines

**Talk Now** **Talk To Someone Now** **Help Yourself** **Help Someone**

**National Suicide Prevention Lifeline**

**1-800-273-8255**

**Nacional de Prevención del Suicidio**

**1-888-628-9454**

**Options For Deaf + Hard of Hearing**

**1-800-799-4889**

**Veterans Crisis Line**

**1-800-273-8255**

**Text 838255**

**Disaster Distress Helpline**

**1-800-985-5990**

**Text TalkWithUs to 66746**