



Mental Health Resources

All sources are free, available 24/7 and offer support in both English & Spanish

- **SAMHSA's National Helpline;
Substance Abuse & Mental Health Services
1-800-662-HELP (4357)
<https://www.samhsa.gov>**

- **National Suicide Prevention Lifeline;
1-800-273-TALK (8255)
Spanish 1-888-628-9454
suicidepreventionlifeline.org**

- **Crisis Text Line;
text HOME to 741741
crisistextline.org**

- **Veteren Crisis Line;
1-800-273-8255-press 1
text 838255
veterencrisisline.net**

- **Disaster Distress Helpline;
1-800-985-5990
text TALKWITHUS to 66746
[link here](#)**

- **You Matter
[you matter.suicidepreventionlifeline.org](https://youmatter.suicidepreventionlifeline.org)**

- **[Trevor lifeline](#);
LGBTQ youth support
1-866-488-7386
text START to 678678**

**You are not alone. There is someone
who wants to listen & hear your story.**