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REACH OUT

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suicideispreventable.org



**KNOW
THE SIGNS**

Funded by counties through the Mental Health Services Act (Prop. 63).

Suicide Prevention Resources

All resources available 24/7

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Veterans: Press 1

En Español: **1-800-628-9454**

For Deaf & Hard of Hearing: **1-800-799-4889**

Crisis Text Line

Text **HOME** to **741-741**

Text with a trained counselor for free

The Trevor Project 1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, chat, and text support for LGBTQ+ youth

Friendship Line 1-800-971-0016

Crisis and warm line for adults 60 years and older operated by Institute on Aging