

Need help?
Know someone
who does?



American Foundation for Suicide Prevention: www.afsp.org

CDC Suicide Prevention: www.cdc.gov/suicide/resources

Be the One to Help Save a Life: www.bethe1to.com

Coping with Stress During COVID: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Call/Text Lines:

- **National Suicide Prevention LifeLine:** Call 1-800-273-TALK (1-800-273-8255) or use the [online Lifeline Crisis Chat](#) to confidentially connect with a counselor in your area.
- **Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746
- **Crisis Text Line:** Text HOME to 741741 to connect 24/7 to a crisis counselor. Visit www.crisistextline.org for more information.
- **Youth Mental Health Line:** Call 1-888-568-1112



Suicide Prevention During COVID and Beyond



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**HEALTH, MEDICINE
& SOCIETY PROGRAM**

