

NEED HELP?

Mental Health Resources to Use

TEXTING RESOURCES:

Text **CONNECT** to **741741**

National Crisis Hotline (great for resources and articles) www.crisistextline.org

Text **START** to **741741**

JED Foundation www.jedfoundation.org

Text **LGBTQ** to **741741**

(Specific crisis/suicide hotline for LGBTQ+)

Text **HELLO** to **838255**

(Specific for Vets, Active Military, Reserves, their Friends and Family)

TELEPHONE RESOURCES:

ULifeline 1-800-273-TALK (8255)

Trevor Lifeline 1-866-488-7386 (LGBTQ specific)

TransLifeline 1-877-565-8860 (Gender Identity Specific)

Veterans Crisis Lifeline 1-800-273-8255 – Press 1 (Vets, Active Military, Friends and Family)

THESE RESOURCES ARE FREE TO USE