



Hope and action can **restore balance** and **save lives.**

If you or someone you know is struggling with an emotional or mental health crisis, contact any of these organizations for help.

Each group provides **free, 24/7** confidential hotlines.

Suicide and Crisis

Call, chat or text 988

Reach out to this national network of crisis call centers to speak to a local crisis counselor.

Crisis Text Line

Text **NATIVE** to 741741

Connect with crisis counselors working with Native youth and communities.

Trevor Project

Call 1-866-488-7386 or text **START** to 678678

Talk with crisis counselors who understand LGBTQ2S needs.

Trans Lifeline

Call 877-565-8860

Speak with specialists offering support for the trans community.



For longer term support, make an appointment with a mental or behavioral health provider above.