

# #SuicidePreventionWeek2019

Finding Purpose: Caring for Ourselves and Others



## Suicide Prevention Resources

### **Safe Call Now: (206) 459-3020**

24/7 hotline for first responders  
[www.SafeCallNow.org](http://www.SafeCallNow.org)

### **Cop Line: (800) 267-5463**

24-hr hotline staffed by retired law enforcement officers  
[www.CopLine.org](http://www.CopLine.org)

### **Share the Load, Fire/EMS Helpline: (888) 731-FIRE (3473)**

24/7 hotline for EMS/Fire personnel  
[www.nvfc.org/fireems-helpline/](http://www.nvfc.org/fireems-helpline/)

### **National Suicide Prevention Lifeline:**

**(800) 273-8255**

- Veterans: Press 1
- En Espanol: 1-800-628-9454
- For Deaf and Hard of Hearing: 1-800-799-4889
- Chat <https://suicidepreventionlifeline.org/chat/>

### **Crisis Text Line:**

- Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7
- Anyone can text "HELP" to 741-741 to be connected to crisis services

**Each Mind Matters Resource Center**

[www.EMMResourceCenter.org](http://www.EMMResourceCenter.org)

For suicide prevention resources in many different languages.

[suicideispreventable.org](http://suicideispreventable.org)



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