#SuicidePrevention
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

Cop Line: (800) 267-5463
24-hr hotline staffed by retired law enforcement officers
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/

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
For suicide prevention resources in many different languages.

suicideispreventable.org

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