

Supportive Transitions

Reconnect, Reenter and Rebuild

Reenter

Reconnect

Rebuild

#SuicidePrevention

Suicide Prevention Resources

All resources available 24/7

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1

En Español: 1-888-628-9454

For Deaf & Hard of Hearing: 1-800-799-4889

Text HOME to 741-741

Text with a trained counselor from the Crisis

Text Line for free

The Trevor Project

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, chat, and text support for LGBTQ+ youth

Friendship Line

1-800-971-0016

Crisis and warm line for adults 60 years and older

operated by Institute on Aging

Each Mind Matters Resource Center www.EMMResourceCenter.org

For suicide prevention resources in many different languages.

suicideispreventable.org



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