

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

[1-800-273-8255](tel:1-800-273-8255)

In a crisis?

Text HOME
to 741741 to connect
with a Crisis Counselor

Free 24/7 support at your fingertips.