



**Are you experiencing a crisis?**

**Do you know someone who is experiencing a crisis?**

**Help is available.**

**National Suicide Prevention LIFELINE**

**call toll-free at 1-800-273-8255**

If you need help, please dial 1-800-273-8255. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, their mission is to provide immediate assistance. Call for yourself, or someone you care about. Your call is free and confidential.

- This "hotline" can be used by anyone at any time.
- Call and speak with a caring individual.
- Call if you feel you might be in danger of hurting yourself.
- Call to speak to a crisis worker about someone you're concerned about.

The Community crisis centers answer lifeline calls. A team of trained and experienced professionals will help you or a family member in times of a mental health crisis. They are there to help you 24 hours a day, 7 days a week. They can help with a variety of issues ranging from: a suicidal crisis, information about a mental health issue, etc. A call can be made by the individual, a family member, health professional, medical insurance company, and campus faculty or staff.

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(Please detach numbers if needed)

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