

Crisis Support and Emergency Resources

988 Suicide & Crisis Lifeline	<i>Call, text or chat online with counselors. Available 24/7/365.</i>	988 (call or text) https://988lifeline.org/
Crisis Text Line	<i>24/7 free confidential chat with a trained crisis counselor</i>	text HOME to 741741 https://www. crisistextline.org/
211 United Way	<i>Assistance network connecting you with local resources for mental health and beyond</i>	Call 211 https://www.211.org/
911	<i>Call to reach local emergency services</i>	Call 911