

## What to do if

You aren't alone. No matter who you are or what problems you are struggling with, hurting yourself isn't the answer. We want to help you find hope.

## Call **1-800-273-TALK (8255)**

When you dial **1-800-273-TALK (8255)**, you are calling the crisis center in the Lifeline network closest to your location. After you call, you will hear a message saying you have reached the National Suicide Prevention Lifeline. You will hear hold music while your call is being routed. You will be helped by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area. Your call is confidential and free.

Don't feel like talking, you can **Click to Chat**  
**@ [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

*(Source: National Suicide Prevention Lifeline)*