CALL OR TEXT 988

Call or text any time.
Open 24 hours a day.

You can also chat online at 988lifeline.org

Don't be afraid to ask for help.

Talking about suicidal thoughts helps reduce the pain.

If you or a friend are having suicidal thoughts, just talk about it...to a friend, to a teacher, to a coach, to a leader, to us...but TALK!