

There is always someone to talk to...

Family Guidance Crisis Line which is local resource that you can call for help. Crisis Line number is 888-279-8188 open 24/7. You can talk to a mental health professional or request a free mental health evaluation if you feel that it is warranted.

National Suicide Prevention Lifeline 1.800.273.8255 (TALK) TTY: 1-800-799-4889 (hearing impaired) The national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. <http://suicidepreventionlifeline.org>

Texting & Online Support Crisis Text Line Crisis Text Line, the national not-for-profit that provides free, 24/7 crisis support via SMS Text "HELLO" to 741-741. <http://www.crisistextline.org>

Lifeline Crisis Chat A program of National Suicide Prevention Lifeline Crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention and suicide prevention services. <http://chat.suicidepreventionlifeline.org>

Under Twenty One: KUTO 1-888-644-5886 (youth, peer helpline) The helpline is a safe resource for youth where they are free to express their concerns, explore feelings, identify stressors and realize effective coping mechanisms. The helpline is available to help young people find the hope and strength to cope positively with the pressures and stress in their lives and to encourage using positive skills to manage stress, mediate conflict and work through feelings. www.kuto.org

The Trevor Project (specifically geared to Lesbian, Gay, Bisexual, Transgender and Questioning LGBTQ) 1-866-488-7386 The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. www.thetrevorproject.org

Trevor Chat Online instant messaging with a Trevor Chat counselor. Available seven days a week between 3:00 p.m. - 9:00 p.m. ET/12:00 p.m. - 6:00 p.m. PT. <http://www.thetrevorproject.org/pages/get-help-now>

Please remember that a trusted adult within your family or within the school is usually the best place to turn if you are dealing with these issues.