



For immediate danger to life or well-being, please dial 911 or contact local emergency services.

Suicide & Crisis Lifeline:

- Call or Text: 988
- Chat: 988lifeline.org
- Availability: 24/7 for anyone in suicidal crisis or emotional distress.

Veterans Crisis Line:

- Call: 1-800-273-8255, then press 1
- Text: 838255
- Chat: veteranscrisisline.net
- Availability: 24/7 for veterans and their loved ones.

The Trevor Project (LGBTQ+ Support):

- Call: 1-866-488-7386
- Chat: [The Trevor Project Chat](https://thetrevorproject.org/chat)
- Text: Send "START" to 678678
- Availability: 24/7 for LGBTQ young people under 25

SAMHSA's National Helpline

(Substance Abuse and Mental Health):

- Call: 1-800-662-HELP (4357)
- Website: samhsa.gov
- Service: Provides referral and information service for individuals facing mental and/or substance use disorders.

National Domestic Violence Hotline (For Victims of Violence or Abuse):

- Call: 1-800-799-SAFE (7233)
- Text: "START" to 88788
- Chat: thehotline.org
- Availability: 24/7 support for anyone affected by abuse and needing support, resources, or advice on how to navigate their situation

Poison Control

(For Poisoning Emergencies and Information):

- Call: 1-800-222-1222
- Website: poisonhelp.org
- Availability: 24/7 assistance and expert advice on poisoning emergencies and prevention

The National Problem Gambling Helpline:

- **Phone:** 1-800-522-4700
- **Text:** Send a message to 1-800-522-4700
- **Chat:** Access online chat support through their website at www.ncpgambling.org/chat
 - This helpline provides confidential assistance 24/7, offering support, resources, and referrals for those affected by problem gambling.

CALL IN EMERGENCY :



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