



# SUPPORT RESOURCES:

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](https://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](https://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://www.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](https://www.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](https://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](https://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](https://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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