

## National Suicide Prevention Lifeline

### Get Help

#### Why Call?

No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling **1-800-273-TALK** (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime 24/7**.

#### Who Should Call?

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the Lifeline. People have called us for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

#### What Happens When You Call?

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.

