

CRISIS INTERVENTION AND SUPPORT

If you believe you're in crisis—
or know someone who is—

**THERE IS HOPE.
PLEASE GET HELP NOW.**

Trained counselors are available around the clock from these organizations:

988 Lifeline: Dial 988

Substance Abuse and Mental Health Services Administration: 800-662-HELP (4357)

The Trevor Project: 866-488-7386

DeafLEAD Crisis Line: 321-800-3323

Other resources:

Call Blackline: 800-604-5841

Trans Lifeline: 877-565-8860

Warmlines Directory: Warmlines.org