The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself deal with trauma.

Community crisis centers answer Lifeline calls.

![National Suicide Prevention Lifeline](image)

1-800-273-TALK (8255)
suicidepreventionlifeline.org

Or Text TALK to 741741

**Having Trouble Coping?**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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