

Suicide Prevention

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If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, please know that you are not alone. Help is available.

Contact any of the services below for 24/7, free, and confidential support.

Help for Everyone by Phone

RESOURCE	CONTACT INFORMATION
National Suicide Prevention Lifeline	<p>The National Suicide Prevention Lifeline provides free, confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.</p> <p>Call Toll-Free: 1-800-273-8255</p> <p>Ayuda En Espanol: 1-888-628-9454</p>
Samaritans Statewide Helpline	<p>If you're feeling overwhelmed and confused, please know that you are not alone. The Samaritans Helpline remains open 24/7 for calls. All services are free and confidential.</p> <p>Call Toll-Free: 1-877-870-4673</p>
Call2Talk	<p>Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times.</p> <p>Call: 1-508-532-2255</p>

Help for Everyone by Text and Online

RESOURCE	CONTACT INFORMATION
National Suicide Prevention Lifeline	<p>Click here for Lifeline Chat, a 24/7 free and confidential online chat through the National Suicide Prevention Lifeline to connect you with counselors for emotional support.</p>
Samaritans Statewide Helpline	<p>If you're feeling overwhelmed and confused, please know that you are not alone. Samaritans remains open 24/7 for texts. All services are free and confidential.</p> <p>Text: 877-870-4673</p>
Crisis Text Line	<p>The Crisis Text Line is free, confidential, and available 24/7. A live, trained Crisis Counselor will receive the text and respond from a secure, online platform.</p> <p>Text: HOME to 741741</p>

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Help for Youth

RESOURCE	CONTACT INFORMATION
<p>Your Life Your Voice (also known as the Boys Town National Hotline – services available to all genders)</p>	<p>The Your Life Your Voice is staffed by specially trained counselors. Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day.</p> <p>Call Toll-Free: 1-800-448-3000 (24/7)</p> <p>Text VOICE to 20121 (every day, 1 PM – 1 AM ET)</p> <p>People with speech and hearing impairments: hotline@boystown.org</p>
<p>Trevor Project Lifeline for LGBTQ Youth</p>	<p>Trained counselors are available to support you 24/7. Contact the Trevor Project if you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.</p> <p>Call Toll-Free: 1-866-488-7386</p> <p>Text START to 678678</p> <p>Online Chat: Click here to chat with the Trevor Project</p>

Suicide Prevention Resources for Educators and School Personnel

RESOURCE	CONTACT INFORMATION
<p>The Nan Project</p>	<p>The NAN Project Team has pivoted to producing a series of trainings and short webinars covering mental health topics as they relate to COVID-19. These workshops are available for live presentations via Zoom. If you would like to learn more about bringing The NAN Project's Professional Development Workshops to your school or community, email info@thenanproject.org.</p>
<p>MindWise Innovations</p>	<p>MindWise Innovations offers the SOS Signs of Suicide program, an evidence-based youth prevention program designed specifically for middle and high schools to train students in-person or virtually.</p>

Help for People who are Deaf or Hard of Hearing

RESOURCE	CONTACT INFORMATION
<p>National Suicide Prevention Lifeline</p>	<p>The National Suicide Prevention Lifeline provides free, confidential emotional support to people in suicidal crisis or distress 24 hours a day, 7 days a week.</p> <p>Online Chat: Click here to start a Lifeline Chat</p> <p>Video Relay Service: Dial 1-800-273-8255</p> <p>TTY: Dial 1-800-799-4889</p> <p>Voice/Caption Phone: Dial 1-800-273-8255</p>

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Help for Veterans

RESOURCE	CONTACT INFORMATION
Veterans Crisis Line	<p>Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.</p> <p>Call Toll-Free: 1-800-273-8255 and Press 1</p> <p>Text: 838255</p> <p>Chat: Visit this page to chat with the Veterans Crisis Line</p> <p>For Veterans who are Deaf or Hard of Hearing: Dial 1-800-799-4889</p>

Articles and Online Resources

RESOURCE	CONTACT INFORMATION
American Federation for Suicide Prevention	The American Foundation for Suicide Prevention provides online articles and resources for those who may be at risk for suicide, have survived a suicide attempt, have lost someone to suicide, or are worried about someone in their lives.
Supporting Older Adults	The Suicide Prevention Resource Center has a tip sheet on Psychological Health and Suicide Prevention among Older Adults that includes strategies for coping with the health impacts of COVID-19 and ideas for what others can do to support the older adults in their lives.
How to Help Someone Who May Be At Risk	The Anxiety and Depression Association of America has a list of warning signs and 5 action steps for helping someone in emotional pain.