

IT DOESN'T HAVE TO BE THE END TO START.

Only 1 in 4 lifeline callers are experiencing a suicidal crisis. Talk prevents tragedy. Give us a shout early and often.

CALL
OR
TEXT

9888

MENTAL
HEALTH
LIFELINE

Depression & Anxiety Substance Abuse Domestic Violence Relationship & Family Problems
Financial Stress Loneliness & Hopelessness Paranoia & Psychosis Self Harm Suicidal Thoughts