



CRISIS SUPPORT

HELP IS AVAILABLE 24/7

IF YOU'RE IN IMMEDIATE DANGER, CALL 911

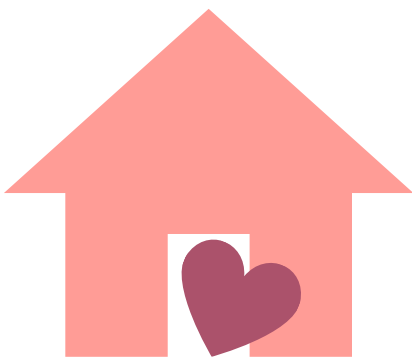


SUICIDE PREVENTION LINE

1-800-273- 8255

SUICIDEPREVENTIONLIFELINE.ORG

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

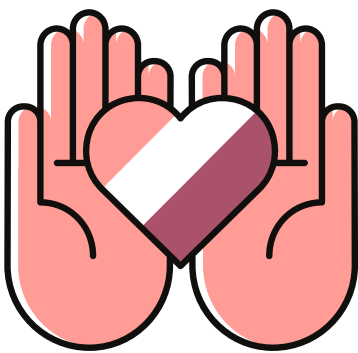


CRISIS TEXT LINE

Text "HOME" to 741-741

CRISISTEXTLINE.ORG

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

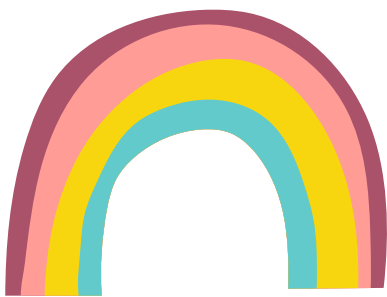


NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

NCADV.ORG

If you are being abused by your partner, know there is nothing you have done or are doing to cause the abuse. Find the help you need, it is possible. Do what is best for you safely and discreetly.

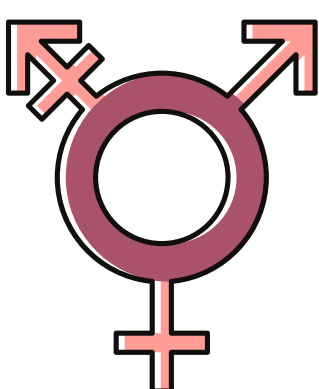


THE TREVOR PROJECT (LGBTQ+)

1-866-488-7386 or Text "START" to 678-678

THETREVORPROJECT.ORG

Speak confidentially with a TrevorLifeline counselor for crisis intervention or suicide prevention or text to connect with a Trevor counselor.



TRANS LIFELINE

1-877-565-8860

TRANSLIFELINE.ORG

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. We believe that some of the best support that trans people can receive is from trans community members with shared lived experience.

IT GETS BETTER. WE PROMISE.

