



# **SUICIDE & CRISIS SUPPORT** *for teens*

**IF YOU OR SOMEONE YOU KNOW  
NEEDS SUPPORT, HELP IS AVAILABLE:**

**National Suicide Prevention Lifeline**

Call 988 (24/7)

**Crisis Text Line**

Text 741741 / [crisistextline.org](https://crisistextline.org)

Local Crisis Hotline 1-800-952-2335

California Youth Crisis Line 800-843-5200 (24/7)

National Teen Hotline 1-800-852-8336

Trevor Lifeline (LGBTQ) 1-866-488-7386 (24/7)

National Trans Lifeline 1-877-565-8860

National Domestic Violence Hotline 1-800-799-SAFE

National Sexual Assault / Rape Hotline 1-800-656-HOPE

Call 911 or go to the nearest Emergency Room