

## National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

**1-800-273-TALK (8255)**



## National Alliance on Mental Illness

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization.

**[www.nami.org](http://www.nami.org)**