

Because YOU MATTER



Talking Can Help...Know the Numbers

Phone

Resources

Text / Website

988

Suicide Prevention Hotline

HELLO to 741741

1-800-366-8288

Self-Harm Hotline

CONNECT to 741741

1-800-539-4228

SMA 24/7 Mobile Crisis Team

smahealthcare.org

1-800-962-2873

Florida Abuse Hotline

reportabuse.dcf.state.fl.us

1-866-488-7386

The Trevor Project

START to 678678

1-888-373-7888

Human Trafficking Hotline

233733

1-800-931-2237

Eating Disorder Hotline

NEDA to 741741

211

211 Local Resources & Support

211live.org