

Suicide Awareness Week Sept. 4-10th



Suicide and Crisis Lifeline- 988- Call or Text, available 24hrs, English and Spanish, [988lifeline.org](https://www.988lifeline.org)

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

TrevorLifeline: Call 1-866-488-7386

Created by The Trevor Project, this free 24/7 hotline aims to give support specifically to LGBTQ+ youth who may be experiencing mental health challenges. You can also get intervention over text or instant chat.

Please reach out to your School Psychologist or Counselor if you are in need of support.

