

Emergency Contact Information

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



NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255) [24/7 Hotline]

1-888-628-9454 (Spanish)

1-800-799-4889 (TTY)

This hotline is available 24 hours a day.



CRISIS TEXT LINE

Text “MHFA” to 741741 to speak with a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem-solving and will address the caller’s situation.