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REACH OUT

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KNOW
THE SIGNS

Funded by counties through the Mental Health Services Act (Prop 63).





Suicide Prevention Resources

National Suicide Prevention Lifeline **1-800-273-TALK (8255)**

Veterans: Press 1

En Español: **1-800-628-9454**

For Deaf & Hard of Hearing: **1-800-799-4889**

Crisis Text Line

Text **HOME** to **741741**

Text with a trained counselor for free, 24/7

The Trevor Project

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Phone, chat, and text support for LGBTQ+ youth

Friendship Line

1-800-971-0016

Crisis and warm line for adults 60 years and older operated by Institute on Aging



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