



# Resilience & Recovery

## 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**

**Text EMM to 741741**

Text with a trained counselor from the Crisis Text Line for free, 24/7

**The Trevor Project**

Phone, chat, and text support for LGBTQ+ youth.

**1-866-488-7386**

[www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)

**Friendship Line**

**1-800-971-0016**

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

**Each Mind Matters Resource Center** [www.EMMResourceCenter.org](http://www.EMMResourceCenter.org)  
For suicide prevention resources in many different languages.

[suicideispreventable.org](http://suicideispreventable.org)



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