

#SuicidePrevention

Finding Purpose: Caring for Ourselves and Others



Suicide Prevention Resources

Safe Call Now: (206) 459-3020

24/7 hotline for first responders
www.safecallnowusa.org

Cop Line: (800) 267-5463

24-hr hotline staffed by retired law enforcement officers
www.CopLine.org

National Suicide Prevention Lifeline:

(800) 273-8255

- Veterans: Press 1
- En Espanol: 1-800-628-9454
- For Deaf and Hard of Hearing: 1-800-799-4889
- Chat <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line:

- Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7
- Anyone can text "HELP" to 741-741 to be connected to crisis services

Each Mind Matters Resource Center

www.EMMResourceCenter.org

For suicide prevention resources in many different languages.

suicideispreventable.org



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