

Leaving in Good Hands

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| Suicide Crisis Lines |  |  |
| National Prevention Hotline  |  | 800-273-8255 (988 starts in 7/2022) |
| National Text Line |  | 741-741 |
| Emergency Number |  | 911 |
| Non-Emergency  |  |  |
| American Foundation for Suicide Prevention |  | [www.AFSP.org/get-help](http://www.AFSP.org/get-help) |
| Finding Mental Health  |  |  |
| Finding a Mental Health Professional |  | <https://www.dbsalliance.org/> |
| Local Mental Health Agency: |  |  |
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| Domestic Violence Ministry/Shelter(s):  |  |  |
| Homeless Shelter(s): |  |  |
| Substance Abuse Counseling:  |  |  |
| Legal Assistance/Legal Aid |  |  |
| Child Abuse Reporting:  |  |  |
| Loss of a loved one |  |  |
| American Foundation for Suicide Prevention – Support  |  | <https://afsp.org/find-a-support-group/> |
| American Foundation for Suicide Prevention – Loss reading list |  | <https://afsp.org/books-for-loss-survivors> |
| Parents of suicide |  | <http://parentsofsuicide.com/resources.html> |
| Other resources: |  |  |
|  Those thinking about suicide |  | https://afsp.org/what-to-do-when-someone-is-at-risk |
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