- National Suicide Prevention Hotline: Toll-free number 1-800-273-TALK (1-800-273-8255)
- Online Lifeline Crisis Chat is free and confidential: https://suicidepreventionlifeline.org/chat/ or call 1-800-273-8255
- National Domestic Violence Hotline: Call 1-800-799-7233 and TTY 1-800-787-3224
- Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746
- Substance Abuse and Mental Health Services Administration: Call 1-800-662-4357 and TTY 1-800-487-4889 or visit online at www.samhsa.gov/find-help/national-helpline

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