# Suicide Prevention Resources

| Phone numbers to call | Help is available 24 hour/day, 7 days/week  
National Suicide Prevention Lifeline  
**IN ENGLISH** 1-800-273-TALK (8255)  
Red Nacional de Prevencion del Suicidio  
**EN ESPANOL:** 1-800-628-9454 |
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| Places to chat | National Suicide Prevention Lifeline  
[http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat](http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat)  
Your Life Your Voice  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org) |
| Numbers to text | Your Life Your Voice  
**Text VOICE to 20121**  
Crisis Text Line  
**Text GO to 741741** |
| Websites to visit | National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)  
You Matter  
[www.youmatter.suicidepreventionlifeline.org/](http://www.youmatter.suicidepreventionlifeline.org/)  
Society for the Prevention of Teen Suicide  
[www.sptsusa.org/teens/](http://www.sptsusa.org/teens/) |