

# Suicide Prevention Resources

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