

Mental Health Resources/Hotlines



National Suicide Prevention Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

The Trevor Project (LGBTQ Hotline Services)

1-866-488-7386

<https://www.thetrevorproject.org/>

CareConnect – 24/7 Crisis Support Line

Text: CARE4U to 741741 (confidential crisis support by text)

<https://www.stjohnscareconnect.com/>