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Lifeline
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GET HELP LEARN CALL MORE

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

SPECIAL ANNOUNCEMENT

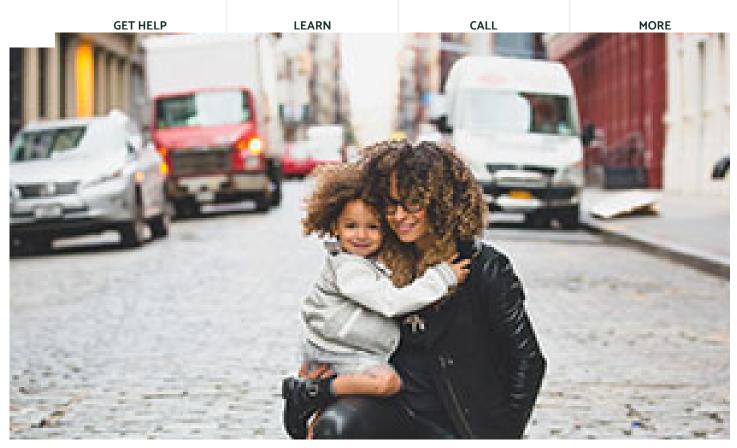
Support Local Crisis Centers

Counselors at locally-operated crisis centers across the country answer all of the Lifeline's calls and chats. But they need your help.

LEARN MORE

Anyone could be struggling with suicide. Find more specific resources below.

Lifeline



READ STORIES OF HOPE & RECOVERY

What Happens When You Call The Lifeline?

Everyone Plays A Role In Suicide Prevention

Here are some helpful links:

GET HELP NOW

HELP YOUR LOCAL CENTER

JOIN THE NETWORK

PROMOTE THE LIFELINE

GET HELPLEARNCALLMOREGet resources for yourself or be the difference for a loved one by offering support and
understanding.understanding.

HELP YOUR LOCAL CENTER

Lifeline centers range across the U.S. and rely on state and local funding to operate. Find out how you can help.

JOIN THE NETWORK

Local crisis centers can support the fight against suicide by joining the Lifeline's national network.

PROMOTE THE LIFELINE

Spread the word about the Lifeline's free, confidential, 24/7 services and raise awareness for suicide prevention.

GET HELP

1-800-273-8255

Lifeline

CHAT WITH LIFELINE

Have A Question?

See if we've answered it on our FAQ page!

FREQUENTLY ASKED QUESTIONS

ABOUT

FAQ

DONATE

MEDIA RESOURCES



Ayuda En Español | Info For Deaf & Hard of Hearing



The National Suicide Prevention Lifeline is funded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health.