

National Suicide Prevention Lifeline

Category: Mental Health and Wellness | - Community-based

Location

Website

<http://www.suicidepreventionlifeline.org>

Phone

(800) 273-8255

Description

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. The Lifeline provides additional specific resources, including but not limited to the following:

• Current Events (e.g., Coping During Community Unrest, Emotional Wellbeing during the COVID-19 Outbreak)

• Native Americans

• Attempt Survivors

• Veterans

• Youth

• Loss Survivors

• Disaster Survivors

• LGBTQ+

Resources are also available in Spanish [here](#). Resources are also provided for individuals who are deaf, hard of hearing, or have hearing loss by online chat, video relay, TTY and voice/caption phone:

• Online chat • Click the Chat button below

• Video relay Service • Dial 800-273-8255

• TTY • Dial 800-799-4889

• Voice/Caption Phone • Dial 800-273-8255

HAS THIS PROGRAM BEEN SUSPENDED DUE TO COVID-19? No. To help individuals cope during the COVID-19 crisis, the National Suicide Prevention Lifeline has provided "[Emotional Wellbeing During the COVID-19 Outbreak](#)."

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