

# Suicide Prevention Resources

## Be a lifesaver



### Visit

Your Primary Care Provider  
Mental Health Professional  
Walk-in Clinic  
Emergency Department  
Urgent Care Center



### Find a Mental Health Provider

[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)  
[mentalhealthamerica.net/finding-help](https://mentalhealthamerica.net/finding-help)



### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
Veterans: Press 1



### Text TALK to 741741

Text with a trained crisis counselor from the Crisis Text Line for free, 24/7



### Call 911 for Emergencies

