



WHEN YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH A LIFE PREDICAMENT OR CROSSROADS, YOU ARE NOT ALONE

**SUPPORT AND PROBLEM SOLVING ARE JUST A CALL OR TEXT AWAY
CALL 1-800-273-8255 OR TEXT HELLO TO 741741**

What will happen if I call or text?

Texting:

You will immediately receive an automated text message asking what the situation is about. You will be connected to a skilled & trained lifeline worker.

Calling:

First: You will hear an automated message with additional options while your call is routed to your local lifeline crisis center.

Second: You will hear music while you are being connected to a skilled & trained lifeline worker. The wait time is very short.

Third: A skilled & trained lifeline worker will answer the phone. The lifeline worker will:

- Listen to you
- Understand how your problem is affecting you
- Provide support and
- Get you the tools you need to move forward

**1-800-273-TALK (8255)
Text HELLO to 741741**

Help for crisis or suicide prevention is a call or text away. It is free, confidential, and always available.



DID YOU KNOW

- Your Employer may have an Employee Assistance Program (EAP) or a Member Assistance Program (MAP). Check with management to learn more.
- Most insurance policies have mental health coverage.
- You do not need to be insured to call the crisis line.



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