



# NO-COST SUPPORT RESOURCES

## 24/7 Support Services

### U.S. Crisis Text-line

- Text HOME to 741741

### U.S. Suicide Prevention Lifeline

- 1.800.273.8255 (TALK)
- Options for Deaf & Hard of Hearing
  - 1-800-799-4889

### U.S. Domestic Violence Hotline

- 1.800.799.7233

### (U.S) Nacional de Prevención del Suicidio

- 1-888-628-9454

### Canadian Crisis & Suicide Prevention Lifeline

- 1.833.456.4566
- Text HOME to 686868

### To find your country's crisis hotline, visit:

- <https://www.ifotes.org/en/ifotes-members>
- <https://thelifelinecanada.ca/help/crisis-centres/>

## Support Resources

### Personal, Family, & Youth Mental Health Support

- <https://nami.org/Support-Education>

### Suicide Loss Survivor Support

- <https://suicidepreventionlifeline.org/Help-Yourself/Loss-Survivors/>
- <https://suicidology.org/resources/suicide-loss-survivors/>

### Suicide Attempt Survivor Support

- <https://suicidepreventionlifeline.org/Help-Yourself/Attempt-Survivors/>

### Substance Abuse Support

- <https://www.samhsa.gov>
- <https://aa.org>
- <https://al-anon.org>
- 1.800.662.4357

### Your Company's Employee Assistance Program (EAP) [insert information below]

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To find your country's emergency service number, visit:  
<https://thelifelinecanada.ca/help/crisis-centres/worldwide-emergency-numbers/>

If you or someone you know is in imminent danger, call your country's emergency service line immediately (call 911 within the United States).