



SPREAD THE WORD!

National Suicide
Prevention Lifeline

1-800-273-8255



Crisis Text Line



Text HELLO to 741741

Disaster Distress Helpline



1888-985-5990

Text TalkWithUS to 66746

Text Hablanos to 66746

Crisis Hotline



1-800-643-1102

Affiliated with
Border Region Behavioral Health Center

Texas Recovering Together



(956) 794-3202

Trevor Lifeline



1-866-488-7386

ACT[®]

Acknowledge

Care

Tell a trusted adult

Boys Town Hotline



1-800-448-300

Call a Trusted Adult.



One conversation/text can save a life!

#IYKYK