Need More Support? 
Contact these hotlines:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Línea Nacional de Prevención del Suicidio: 1-888-628-9454
Crisis Text Line: Text “PA” to 741-741
Safe2Say: 1-844-723-2729 or www.safe2saypa.org
Veteran Crisis Line: 1-800-273-TALK (8255)
Disaster Distress Helpline: 1-800-985-5990
Get Help Now Hotline (for substance use disorders): 1-800-662-4357

We're here to listen!

THIS RESOURCE WAS COMPILED BY ASHLEY GREIVENKAMP AND KATHERINE SLATER (DOCTOR OF OCCUPATIONAL THERAPY, CLASS OF 2020)