

# 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](http://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**



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