



**If you are in crisis and need to speak with a counselor now, you can call  
The National Suicide Prevention Lifeline at **1-800-273-8255**  
(TTY users call 1-800-799-4889).**

**The Lifeline is a free, confidential service that is not affiliated with the Centers Plan  
for Healthy Living, and consists of over 160 independent crisis centers located in  
communities across the country.**

**The Lifeline provides 24/7; free and confidential support for people in  
distress, prevention and crisis resources for you or your loved ones,  
and best practices for professionals.**