

CRISIS SUPPORT RESOURCES

National Suicide Hotline: **1-800-273-8255** (Veterans press 1); text to 838255; or chat online at VeteransCrisisLine.net/chat

Colorado Crisis Services: **1-844-493-8255** or text "TALK" to 38255

VA's Virtual Hope Box app for droid and Apple in your play stores

YouthLine: 1-877-968-8491 or Text: teen2teen to 839863

Nacional de Prevencion del Suicidio Lifeline: 1-888-628-9454

TransLifeline: 1-877-565-8860

Trevor Project (for young LGBTQ): 1-866-488-7386

Survivors of Suicide website: www.survivorsofsuicide.com

Alliance of Hope website: <https://allianceofhope.org>

SAVE (Suicide Awareness Voices of Education): <https://save.org>

American Association of Suicidology: <https://suicidology.org>

SAMHSA National Helpline: 1-800-662-4357

Live Through This website: <https://livethroughthis.org/about/>

Robbie's Hope (teens helping teens—and adults): <https://robbies-hope.com/resources/>