

# Need help?

- ❖ Talk to a family member, friend, health care provider or faith leader
- ❖ Call your local mental health agency or crisis team
- ❖ Text the Vermont Crisis Text Line: VT to 741741
- ❖ Call the National Suicide Prevention Lifeline: 800-273-TALK (8255)

Resources for help can be found at:  
[www.vtspc.org](http://www.vtspc.org)

**CRISIS TEXT LINE |**

**Text VT to 741741**  
**Free 24/7, Confidential**

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**THE TREVOR PROJECT**  
**LGBTQ CRISIS HOTLINE**  
**CALL 1-866-488-7386**

 **Veterans**  
**Crisis Line**  
**1-800-273-8255 PRESS 1**



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