

News

Suicide and crisis help resources

By:

JJ Vincent (<https://www.rocketcitynow.com/meet-the-team/jj-vincent/165505>)

✉ (<mailto:jjvincent@fox54.com>)

Updated: Sep 11, 2018 06:14 PM CDT



September is National Suicide Awareness Month.

Local and national help is for people struggling with mental health issues or who may be contemplating suicide. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, help is available by phone, text, or chat.

National Suicide Prevention Hotline 800-273-8255 1-800-273-TALK

Free, confidential crisis counseling 24/7/365. You don't have to be suicidal to call.

Nacional de Prevención del Suicidio 888-628-9454

Veterans Crisis Line 800-273-8255 or text 838255

Options for Deaf and Hard-of-Hearing 800-799-4889

Disaster Distress Helpline 800-985-5990 or text TalkWithUs to 66746

Crisis Services North Alabama 256-716-1000 or 1-800-691-8426

National Alliance on Mental Illness 800-950-NAMI or text NAMI to 741741

BoysTown National Hotline 800-448-3000 Spanish and 140 other languages available

BoysTown National Hotline TTD 800-448-1833

TrevorLifeline 866-488-7386 staffed 24/7

TrevorChat [Click here for online instant messaging with a TrevorChat counselor, 7 days a week, 3pm-10pm](#)

EST

TrevorText Text TREVOR to 202-304-1200 7 days a week, 3pm-10pm EST

ImAlive.org 800-SUICIDE or [Click here to Chat Now](#)

If you or someone you know is struggling with the effects of PTSD, please call the Veterans Crisis Line for veterans and their loved ones: Call 1-800-273-8255 and Veterans Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Vets4Warriors: Providing 24/7 confidential, stigma free peer support by veterans to Active Duty, National Guard and Reserve service members, Veterans, Retirees, and their families/caregivers. Call 855-838-8255.

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