

Mental Health Resources

Community Hotlines

- Didi Hirsch Suicide Prevention Hotline (24 hours) (877) 727-4747
- National Suicide Prevention Lifeline (24 hours) (800) 273-TALK (8255)
- Trevor Lifeline (24 hours) (866) 488-7386

Text and Chat Resources

- Crisis Chat (11am-11pm, daily) <http://www.crisischat.org/chat>

Online Resources

- American Foundation of Suicide Prevention <http://www.afsp.org/understanding-suicide>
- Didi Hirsch <http://www.didihirsch.org/>
- The Trevor Project <http://www.thetrevorproject.org/>

Smartphone Apps

- MY3
- Teen Line Youth Yellow Pages