**Mental Health Resources**

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| **Mental Health Crisis Hotline—988** | Your confidential call or text will be answered by a mental health provider from Didi Hirsch Mental Health Services. |
| **Emergency Medical Services—911** | If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day. |
| **The National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) or Live Online Chat (<https://suicidepreventionlifeline.org/>)  Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. |
| **SAMHSA Treatment Referral Helpline** | 1-877-SAMHSA7 (1-877-726-4727)  Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST. |
| **The National Institute of Mental Health Information Resource Center** | 1-866-615-6464  Speak to a live person, Monday through Friday from 8:30 a.m. to 5 p.m. EST. |