

Before watching this webinar, we want you know that if you or someone you know is thinking about suicide, help is available 24/7.

- ♦ Call [the National Suicide Prevention Lifeline](#) at **(800) 273-8255**. Press 1 if you are a Veteran.
- ♦ If you're under 21, you can ask to talk to a peer at Teen Link at **1-866-TEENLINK** between the hours of 6-10 pm or **(206) 461-3210** during regular business hours.
- ♦ Don't feel like talking on the phone? You can start a text conversation with the Crisis Text Line by texting **"HEAL" to 741-741**.
- ♦ If someone's life is in immediate danger, call 911 or go with them to the nearest Emergency Room.
- ♦ If you think you could be at risk of suicide, [download the My3 App from the National Suicide Prevention Lifeline](#). You can use the app to list your crisis contacts, make a safety plan and use emergency resources.

