

**Hi there West Fam,**

***If you or someone you know is struggling with mental health or suicidal ideation or has in past, know that help is always available:***

- ***The National Suicide Prevention Lifeline is 1-800-273-8255.***
- ***The Spanish-language National Suicide Prevention Lifeline is 1-888-628-9454***
- ***For the Mental Health Crisis Text Line: Text PA to 741741***
- ***Support and Referral Helpline: 1-855-284-2494. For TTY, dial 724-631-5600.***
- ***TrevorLifeline for LGBTQ individuals: 866-488-7386***
- ***Trans Helpline: 877-565-8860***



**These free resources are available 24/7. If you are concerned about someone else's well-being, these resources can help you be a life-saving assistance. No matter what you are going through, help is available.**

## Additional Online and Phone Resources:

- **National Domestic Hotline | (800) 799-7233**
- **Crisis Text Line | Text HOME to 741741**
- **Safe2Say <https://www.safe2saypa.org/> or 1-844-SAF2SAY (1-844-723-2729)**
- **Childhelp National Child Abuse Hotline – 1800-4ACHILD**
- **SAMHSA Distress Helpline — 800-985-5990 or text “talk with us” to 66746**
- **211 - Community Programs (United Way) - dial 211 or text your zip code to #898-211 to talk with a resource specialist for free**
- **National Alliance of Mental Illness — 1-800-950-6264 (Monday-Friday, 10am to 6pm ET) (Family support skills for a loved one with mental illness)**
- **National Suicide Prevention Lifeline – 1-800-273-TALK (8255)**



**If you're interested in joining our West High School Aavidum, an organization devoted to spreading awareness about mental health & suicide prevention, please see Mrs. Below in the guidance office.**