



**Suicide Prevention Resources
Collected by Metro Ministries, Inc.
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Suicidal thoughts/mental health crisis text resource:

- Text IN to 741741

SAMHSA's Disaster Distress Helpline:

- Toll-Free: 1-800-985-5990 (English and español)
- SMS: Text TalkWithUs to 66746
- SMS (español): "Hablanos" al 66746
- TTY: 1-800-846-8517
- Website (English): <http://www.disasterdistress.samhsa.gov>
- Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

National Suicide Prevention hotline:

- Toll-Free (English): 1-800-273-TALK (8255)
- Toll-Free (español): 1-888-628-9454
- TTY: 1-800-799-4TTY (4889)
- Website (English): <http://www.suicidepreventionlifeline.org>
- Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>