

UNITÉ

~mental health for the youth by the youth~

mental health resource sheet

- **suicide and crisis lifeline: 988**
- **crisis text line: text HOME to 741741**
- **CA youth crisis line: 1-800-843-5200**
- **national suicide prevention hotline: 1-800-273-8255**
- **national alliance on mental illness helpline: 1-800-950-NAMI (6264)**
- **trever project (LGBTQ+) crisis line: 1-866-488-7386**

you are never alone!