



Anchor Psychotherapy, Inc.

COMMUNITY CRISIS RESOURCES

Suicide Prevention Lifeline (800) 273-TALK (8255): <https://suicidepreventionlifeline.org/>

- Services available 24/7
- Spanish-speakers available
- Services for the deaf/hard of hearing available

Suicide Prevention Text line: (800) 273-8255, then press 1

- At any time, anyone in the United States can text the word “HOME” to 741741 and they will be connected with a trained counselor at a crisis center.

Veterans Crisis Line (800) 273-8255, then press 1

VA Mission Act: <https://missionact.va.gov/>

- Eligible Veterans can use VA health care services nationwide, including through mobile health clinics that serve rural areas and via telehealth. For general Mission Act health care inquiries, contact VA311 [(844) 698-2311].

American Foundation for Suicide Prevention: <https://afsp.org/>

CDC Suicide Prevention: <https://www.cdc.gov/violenceprevention/suicide/index.html>

We Rise: <https://whywerise.la/>

Each Mind Matters: <https://www.eachmindmatters.org/>

The Trevor Project: <https://www.thetrevorproject.org/>

It Gets Better Project: <https://itgetsbetter.org/>

ARTICLES

CDC: Fast Facts About Suicide: <https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

CDC: Holiday Suicides: Fact or Myth:

<https://www.cdc.gov/violenceprevention/suicide/holiday.html>

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