

Emergency Mental Health Resources

If you need support during these sessions or at any time, please consider these resources.

United States

National Suicide Prevention Lifeline

24/7 English: 1-800-273-TALK (8255)

24/7 En Español: 1-888-628-9454

National Association on Mental Illness

M-F 10 a.m.-8 p.m. ET: 1-800-950-6264

Crisis Text Line

24/7: Text HOME to 741741

Canada

Canada Suicide Prevention Service

24/7 English and French: 1-833-456-4566

24/7 Québec: 1-866-277-3553

4 p.m.-Midnight ET: Text 45645

Crisis Text Line

24/7: Text HOME to 741741