



Counseling Resources

<http://www.suicidepreventionlifeline.org/> (chat)

National Suicide Prevention Lifeline

Call or text 988

Crisis Text Line Text HOME to 741741 Other information: Go to

<http://www.crisistextline.org/>

Trevor Project Provides crisis intervention and suicide prevention services to (LGBTQ)

Trevor Lifeline: Call 1-866-488-7386

TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat and other information and resources: Go to

<http://www.trevorproject.org/>

Texas Youth Helpline

Call or Text 1-800-989-6884

National Mental Health Hotline

Call 1-866-903-3787

Love is Respect (Teen Dating Violence Hotline)

Call 1-866-331-9474 or Text LOVEIS to 22522