

FEELING LIKE YOU COULD USE SOMEONE TO TALK TO?

National Suicide Prevention Hotline

This hotline offers free and confidential emotional support around the clock to anyone.

Hotline:

1-800-273-8255 (24/7)

Online chat:

<https://suicidepreventionlifeline.org/chat/> (24/7)

Crisis Text Line

The Crisis Text Line is a free text messaging resource offering 24/7 support to anyone in crisis.

On your phone:

Text HOME to 741741 (24/7)

Online:

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

The Trevor Project

The Trevor Project offers crisis intervention and suicide prevention to LGBTQ youth.

Hotline:

866-488-7386 (24/7)

On your phone:

Text START to 678678

Online:

TrevorCHAT: <https://www.thetrevorproject.org/>

Local Crisis Response (Benton/Franklin Counties)

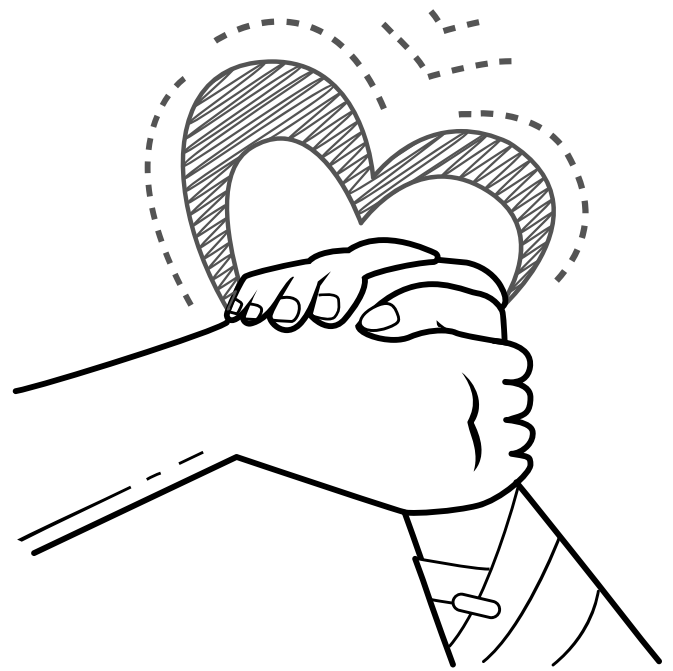
Provides acute and emergent mental health intervention services. Services include crisis intervention, information and referral, grief counseling, education, emergency assistance with psychiatric medications, and consultation.

Call: **(509) 783-0500**

The Support, Advocacy & Resource Center

Local 24-hour crisis line for those affected by crime. If you are a childhood survivor, witness, or current victim of a crime and are experiencing suicidal thoughts, feel free to reach out to us.

Call: **(509) 374-5391**



OTHER TYPES OF HELP AVAILABLE:

NowMattersNow.org

This website uses first-person stories of people who successfully cope with and have recovered from suicidal thoughts and painful emotions. You can learn strategies like CBT and DBT therapy (a highly effective treatment for suicidal individuals) right away. This website works best for those who may not be able to access a therapist or counselor and want to learn how to help themselves.

Whats Up? - A Mental Health App

This free app utilizes CBT and ACT methods to help you cope with depression, anxiety, anger, and stress. It has a diary, mood tracker, breathing technique feature, a grounding game, positive quotes and affirmations, forums to talk to other people, and more.

5 TikTok Accounts For Your Mental Health:

- @lindsay.fleminglpc
- @theshaniproject
- @the.truth.doctor
- @micheline.maalouf
- @nabela