



Support for Whatever You're Facing

Confidential Support is available 24
hours a day, 7 days a week, 365
days a year

Customizable Text Area

988 | SUICIDE & CRISIS
LIFELINE

The National Suicide & Crisis Lifeline can be reached via call or text to 988. Crisis Chat is also available through their website.

CRISIS TEXT LINE |

Text based support is available through Crisis Text Line: text NATIVE to 741741 from anywhere in the U.S., and a trained Culturally-aware Crisis Counselor will respond quickly.

EAP 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.FOH4You.com)

