

## Where to Get Help

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911, or
- Suicide Prevention Hotline at 1-800-273-8255
- Veterans Crisis Line at 1-800-273-8255, press 1 or text 838255
- Text TalkWithUs to 66746 (TTY 1-800-846-8517)
- SAMHSA's National Helpline at 1-800-662-HELP (4357)  
(TTY: 1-800-487-4889)
- You can call the National Domestic Violence Hotline at 1-800-799-7233  
(TTY: 1-800-787-3224)
- The Substance Abuse and Mental Health Administration's Disaster Distress Helpline  
at 1-800-985-5990