

#SuicidePrevention

Finding Purpose: Caring for Ourselves and Others

Suicide Prevention Resources

Safe Call Now: (206) 459-3020

24/7 hotline for first responders
www.SafeCallNow.org

Cop Line: (800) 267-5463

24-hr hotline staffed by retired law enforcement officers
www.CopLine.org

Share the Load, Fire/EMS Helpline: (888) 731-FIRE (3473)

24/7 hotline for EMS/Fire personnel
www.nvfc.org/fireems-helpline/

Each Mind Matters Resource Center

www.EMMResourceCenter.org

For suicide prevention resources in many different languages.

National Suicide Prevention Lifeline:

(800) 273-8255

- Veterans: Press 1
- En Espanol: 1-800-628-9454
- For Deaf and Hard of Hearing: 1-800-799-4889
- Chat <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line:

- Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7
- Anyone can text "HELP" to 741-741 to be connected to crisis services

suicideispreventable.org



Funded by counties through the Mental Health Services Act (Prop 63).