

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.

**NATIONAL SUICIDE
PREVENTION LIFELINE**
(800) 273-TALK(8255)

CRISIS TEXT LINE
TEXT "ITSOK"
TO 741741

**THE TREVOR PROJECT
FOR LGBT YOUTH**
(866) 488-7386

**NATIONAL SEXUAL
ASSAULT HOTLINE**
(800) 656-HOPE(4673)

FOR VETERANS
CALL: (800) 273-8255 (PRESS 1)
TEXT: 838255

**SUBSTANCE ABUSE &
MENTAL HEALTH SERVICES**
1-800-662-HELP (4357)



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FOR MORE RESOURCES, VISIT **HFTD.ORG**