

When You or Someone You Know is Struggling with a life predicament or crossroads, you are not alone

Support and problem solving are just a call or text away

Call 1-800-273-8255 or Text HELLO to 741741

What will happen if I call or text?

Texting:

You will immediately receive an automated text message asking what the situation is about. You will be connected to a skilled & trained lifeline worker.

Calling:

First: You will hear an automated message with additional options while your call is routed to your local lifeline crisis center.

Second: You will hear music while you are being connected to a skilled & trained lifeline worker. The wait time is very short.

Third: A skilled & trained lifeline worker will answer the phone. The lifeline worker will:

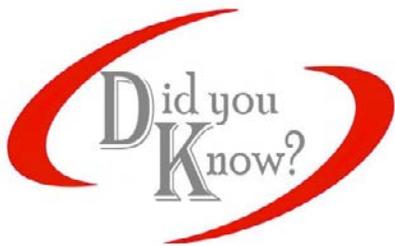
- **Listen** to you
- **Understand** how your problem is affecting you
- **Provide** support and
- **Get you the tools you need to move forward**

**1-800-273-TALK (8255)
Text HELLO to 741741**

Help for crisis or suicide prevention is a call or text away. It is free, confidential, and always available.



**SAFEBUILD
ALLIANCE** 



- *Your Employer or Union may have an Employee Assistance Program (EAP) or a Member Assistance Program (MAP). Check with management to learn more.*
- *Most insurance policies have mental health coverage.*
- *You do not need to be insured to call the crisis line.*