

## National referral and informational resources

| Resource                                                                  | Number                   | Link                                                                                                                                  |
|---------------------------------------------------------------------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| National Suicide Prevention Lifeline                                      | 1-800-273-8255           | <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>                                           |
| Veterans Crisis Line                                                      | 1-800-273-8255 (press 1) | <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>                                                 |
| Veterans Local Resources                                                  | 1-800-273-8255 (press 1) | <a href="https://www.veteranscrisisline.net/get-help/local-resources">https://www.veteranscrisisline.net/get-help/local-resources</a> |
| Substance Abuse & Mental Health Administration (SAMHSA) National Helpline | 1-800-662-4357           | <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>                   |
| Suicide Prevention Resource Center (SPRC)                                 | 1-800-273-8255           | <a href="https://www.sprc.org/">https://www.sprc.org/</a>                                                                             |
| Suicide Awareness Voices of Education (SAVE)                              | 1-800-273-8255           | <a href="https://save.org/">https://save.org/</a>                                                                                     |