

Resource List: You Are Not Alone!

If you or someone you know is suicidal . . .

For Mental Health Emergencies

- **988 Suicide & Crisis Lifeline:** call or text 988 for 24/7, free and confidential support (press “1” for veterans) - chat option is also available at 988lifeline.org
- **Crisis Text Line:** text “NAMI” to 741741
- **The NH Rapid Response Access Point** is available 24/7 if you or someone you care about is having a mental health or substance use crisis. To connect, call/text 833-710-6477 or visit NH988.com
- **For an emergency, dial 911**

Lesbian, Gay, Bisexual, Transgender Resources

- **The GLBT National Youth Talk Line:** 1-800-246-7743 (Youth serving youth through age 25)
- **The Trevor Project (Suicide Hotline):** (866) 488-7386
- **Native PFLAG:** (602) 803-3907; www.NativePFLAG.org; www.facebook.com/nativepflag/
- **PFLAG National:** (202) 467-8180 www.pflag.org
- **Human Rights Campaign (HRC):** 1-800-777-4723 www.hrc.org
- **Lambda Legal:** (212) 809-8585 <http://lambdalegal.org>
- **Gay, Lesbian & Straight Education Network (GLSEN):** (212) 727-0135 www.glsen.org
- **Gay and Lesbian Alliance Against Defamation (GLAAD):** (323) 933-2240 www.glaad.org
- **Gay-Straight Alliance (GSA) Network:** (415) 552-4229 www.gsanetwork.org
- **National Center for Transgender Equality:** (202) 903-0112 <http://transequality.org>
- **Gay & Lesbian National Hotline:** (888) 843-4564 Provides vital peer support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.
- **1N10:** (602) 400-2601 www.oneten.org Support for young adults ages 14-24
- **TransLifeline:** (877) 565-8860 www.translifeline.org

For More Information Resources for Mental Health & Suicide Prevention

The Connect Suicide Prevention Program

www.TheConnectProgram.org

NAMI New Hampshire
(National Alliance on Mental Illness, NH)
www.naminh.org 1-800-242-NAMI (6264)

Mental Health America
www.mhanational.org

Action Alliance for Suicide Prevention
www.actionallianceforsuicideprevention.org

American Association of Suicidology
www.suicidology.org

American Foundation for Suicide Prevention
www.afsp.org

Suicide Awareness Voices of Education (SAVE)
www.save.org

Suicide Prevention Resource Center
www.sprc.org

American School Counselors Association: (ASCA): www.schoolcounselor.org

Center for Grieving Children (Maine): www.cgcmaine.org

Dougy Center (Oregon): www.dougy.org

National Association of School Psychologists: www.nasponline.org

National Alliance for Grieving Children: <https://childrengrieve.org/>

National Child Traumatic Stress Network: <https://www.nctsn.org/>