

RESOURCE LIST

National Suicide Prevention Lifeline

Available 24/7 in English and Spanish

800-273-TALK (8255)

suicidepreventionlifeline.org

Crisis Text Line

Text TALK (or HOME) to 741741 any time

SAMSHA Treatment Referral Hotline

800-662-HELP (4357)

American Foundation for Suicide Prevention

afsp.org

Speaking of Suicide

speakingofsuicide.com

Napa's Crisis Line

707-253-4711 or call 988 to be connected to resources

DBSA (Depression Bipolar Support Alliance)

napabipolardepression.com

772-834-0011

NAMI (National Association on Mental Illness)

nami.org

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