



# Suicide Prevention Resources



- **If you are in a life-threatening situation, call 9-1-1 immediately.**
- **National Suicide Prevention Lifeline: 988**
  - For Deaf & Hard of Hearing: 1-800-799-4889
  - En Español: 1-888-628-9454
- **SAMHSA National Disaster Distress Hotline: 1-800-985-5990**
  - Text TalkWithUs to #66746
- **Not sure where to turn? Call 2-1-1.**



- **2-1-1 Website**  
[211.org/services/crisis](https://211.org/services/crisis)
- **Substance Abuse and Mental Health Services Administration**  
[samhsa.gov/find-treatment](https://samhsa.gov/find-treatment)
- **Florida Department of Children and Families**  
[myflfamilies.com/service-programs/samh/prevention/suicide-prevention](https://myflfamilies.com/service-programs/samh/prevention/suicide-prevention)
- **Florida Department of Health**  
[floridahealth.gov/programs-and-services/prevention/suicide-prevention/index.html](https://floridahealth.gov/programs-and-services/prevention/suicide-prevention/index.html)
- **Suicide Prevention Resource Center**  
[sprc.org/settings/behavioral-health-care](https://sprc.org/settings/behavioral-health-care)
- **PBS Youth Mental Health**  
[pbslearningmedia.org/collection/you-are-not-alone](https://pbslearningmedia.org/collection/you-are-not-alone)
- **Vibrant Emotional Health's Safe Space**  
[vibrant.org/safespace](https://vibrant.org/safespace)
- **Florida Suicide Prevention Coalition**  
[floridasuicideprevention.org](https://floridasuicideprevention.org)

