

SUICIDEPREVENTIONLIFELINE.ORG 1-800-273 TALK (8255)

NATIONAL  
**SUICIDE  
PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org



**REMEMBER TO A.C.T.**  
A-Acknowledge the problem  
C-Care  
T-Tell a trusted adult



Mississippi 24-hour crisis hotline  
[contactthecrisis.org](http://contactthecrisis.org)  
1-800-322-9832

24-Hour Crisis Line  
601-693-HOPE (4673)  
[carelodge.com](http://carelodge.com)

Rate your relationship  
with an online quiz @  
[loveisrespect.org](http://loveisrespect.org)

**selfinjury.com**

Find out more about self-injury and cutting

To learn  
more  
about  
mental  
illness  
check out  
[nami.org](http://nami.org)



[fearstopshere.com](http://fearstopshere.com)



[agjimhood.com](http://agjimhood.com)