



Resources

If you are feeling emotionally distressed and would like to speak to someone or are having thoughts of hurting yourself or someone else, please use the following resources to get help:

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Substance Abuse & Mental Health Services Administration National Helpline

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

National Sexual Assault Hotline

800.656.HOPE

<http://www.rainn.org/get-help/national-sexual-assault-hotline>

Nearest Emergency Room

Or call 9-1-1