

**Professionals or agencies I can contact during a crisis:**

National Suicide Hotline	call or text 988
Crisis Text Line	741741
Trevor Project (LGBTQ+)	866-488-7386 or text 678678
Veterans Crisis Line	800-273-2855 or text 838255
Parkview Behavioral Health Help Line (24/7)	260-373-7500 or 800-284-8439
Bowen Center Hotline (24/7)	800-342-5653
24-hr Safe Place Crisis Line	260-466-7077
Go to emergency room	call 911

**Si tu angusta persiste, o si tienes pensamientos de suicidarte,  
utiliza tu sistema de apoyo profesional.**

Línea directa de crisis de los Estados Unidos	Llama or mandar 988
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Vaya a la sala de emergencias	Llama 911