24/7 Crisis Text Line
Text “NAMI” to 741741

National Suicide Prevention Lifeline 800.273.8255

SC Dept of Mental Health 803.898.8581
Mobile Crisis Unit 833.364.2274

United Way Call 211 (211.org)

IN AN EMERGENCY, CALL 911
ADDITIONAL RESOURCES

American Foundation for Suicide Prevention
afsp.org/find-support

RAINN National Sexual Assault Telephone Hotline
800.656.HOPE (4673)
rainn.org

Substance Abuse & Mental Health Services Administration
samhsa.gov

The Trevor Project
LGBTQ support
866.488.7386
thetrevorproject.org

Your Life, Your voice
tips for help with tough situations
yourlifeyourvoice.org

NAMI Ending the Silence
Don’t be afraid to start the conversation