BEST DAY EVER

You are not alone. BUT for those times when you feel like you are, here are a few places you can go.

CALL 911 IN AN EMERGENCY

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

National Parent Helpline
1-855-427-2736

NAMI Helpline
800.950.6264

The Trevor Project
(LGBTQ support)
thetrevorproject.org
866.488.7386

SCDMH Mobile Crisis Unit
833.364.2274

@endingthesilence_sc

Suicide Prevention Lifeline
800.273.8255

@namiscparentrefresh

yourlifeyourvoice.org

@namiscteacherrefresh

namisc.org/resources | email: endingthesilence@namisc.org

NAMI Ending the Silence
National Alliance on Mental Illness