

# Take Action For Suicide Prevention

Know the Signs • Find the Words • Reach Out



Thriving At All Ages

## Suicide Prevention Resources

All resources available 24/7

**National Suicide Prevention Lifeline**  
**1-800-273-TALK (8255)**

Veterans: Press 1

En Espanol: **1-888-628-9454**

For Deaf & Hard of Hearing: **1-800-799-4889**

**Text "HOPE" to 741-741**

Text with a trained counselor from the Crisis Text Line for free, 24/7

## **Tri-City Mental Health Supplemental Crisis Line**

Phone support for residents in Pomona, Claremont and La Verne

**1-909-623-6131**

## **The Trevor Project | 1-866-488-7386**

Phone, chat, and text support for LGBTQ+ youth.

[www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)

## **Friendship Line | 1-800-971-0016**

Crisis and warm line for adults 60 years and older operated by Institute on Aging

For mental health resources visit the Take Action for Mental Health campaign at [www.takeaction4mh.com](http://www.takeaction4mh.com)

[suicideispreventable.org](http://suicideispreventable.org)



Funded by counties through the Mental Health Services Act (Prop 63).