

# You are Not Alone

Where to find help for yourself or someone else.

## SUICIDE & CRISIS CHAT, TEXT & HOTLINES



**1 (800) 841-1255**

24/7 mental health crisis hotline  
[www.bbtrails.org](http://www.bbtrails.org)

**CRISIS TEXT LINE |**

24/7 Support for Teens  
Text **"LISTEN"** to 741-741  
[www.crisistextline.org](http://www.crisistextline.org)



**The Trevor Project 24/7**  
For lesbian, gay, bisexual  
transgender & questioning  
youth in crisis  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
**1 (866) 488-7386**  
Chat and textlines available

*\*A trusted parent or school staff member is also a great resource for finding help.*

## SUICIDE PREVENTION RESOURCES AND INFORMATION



The Jason Foundation  
**A Friend Asks App**



Android      Apple

**Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

**National Center for the Prevention  
of Youth Suicide (NCPYS)**

[www.suicidology.org/ncpys](http://www.suicidology.org/ncpys)

## RECOVERY AND SUPPORT

**Professional Outpatient Services:**



*Individual, Group & Family Counseling  
Support & Therapy Groups  
Medication & Case Management  
Substance Use Services*

**Intake: 1-844-309-6385**

Williamson County Locations:  
Georgetown, Hutto, Round Rock,  
Taylor & Cedar Park coming soon

**Online Supports:**



**You Matter: Let Us Help You Through**  
[www.youmatter.suicidepreventionlifeline.org](http://www.youmatter.suicidepreventionlifeline.org)

[www.YourLifeYourVoice.org](http://www.YourLifeYourVoice.org)

Online videos, apps, journals and tips for teens  
dealing with challenging situations.

[www.MyStrength.com](http://www.MyStrength.com)

Personalized mobile support including  
an online Drug & Alcohol Program.

## OTHER HOTLINES (call 9-1-1 if you are in immediate danger)

**Dating Abuse & Domestic Violence**

Love is Respect: 1-866-331-9474 or text "loveis" to 22522; [www.loveisrespect.org](http://www.loveisrespect.org)

National Domestic Violence Hotline (24/7): 1-800-799-7233; [www.thehotline.org](http://www.thehotline.org)

RAINN: Rape, Abuse and Incest National Network: 1-800-656-4673 or livechat at <https://ohl.rainn.org/online>

**Child Abuse**

National Child Abuse Hotline (24/7): 1-800-422-4453; [www.childhelp.org/programs/entry/national-child-abuse-hotline](http://www.childhelp.org/programs/entry/national-child-abuse-hotline)

**Support for GLBT Youth**

GLBT National Youth Talk: 1-800-246-7743; [www.glnh.org/talkline](http://www.glnh.org/talkline)

**Cutting/Self Injury**

Safe Alternatives: 1-800-366-8288; [www.selfinjuryfoundation.org](http://www.selfinjuryfoundation.org)

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