



Free, **confidential**,
and always available



Calls are answered by
crisis centers in your
community



Help a friend, a loved
one, or yourself deal
with trauma

The information on this card is provided by
the federal Substance Abuse and Mental
Health Services Administration (SAMHSA).

The National Suicide Prevention Lifeline is
funded by SAMHSA and administered by
Vibrant Emotional Health.

This card was designed by the
World Trade Center Health Program
www.cdc.gov/wtc



**After a traumatic event
such as 9/11, distress is
common.**

**If you are having
trouble coping,
it's important to
know when to ask
for help.**

**Call the National
Suicide Prevention Lifeline**

1-800-273-TALK (8255)
suicidepreventionlifeline.org



Please call the Lifeline if you or someone you know is experiencing any of the following problems, especially if a problem is making it hard to get through the day or is getting worse.

- › Thoughts of hurting yourself or someone else
- › Thoughts of suicide
- › Feeling helpless or hopeless
- › Feeling numb or like nothing matters
- › Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- › Fighting with family and friends
- › Having low or no energy
- › Pulling away from people and things
- › Smoking, drinking, or using drugs more than you should
- › Thinking of hurting or killing yourself or someone else
- › Unable to get rid of troubling thoughts and memories
- › Unable to perform daily tasks getting to work or school

Call the Lifeline: 1-800-273-TALK (8255) | en Español: 1-888-628-9454