



## Depression and Suicidal Thoughts

National Suicide Prevention: <https://suicidepreventionlifeline.org>

- **The National Suicide Prevention Lifeline** is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **Call 1-800-273-8255**
- Online chat: <https://suicidepreventionlifeline.org/chat/>
  - **Lifeline Chat** is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S.
- Other resources:
  - For yourself: <https://suicidepreventionlifeline.org/help-yourself/>
  - For someone else: <https://suicidepreventionlifeline.org/help-someone-else/>

### Resources Relating to Depression

- **NAMI**, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
  - Find more information at their website: <https://www.nami.org/#>
  - For more information specifically pertaining to COVID-19 visit: <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
  - For a FAQ booklet regarding COVID-19: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
  - **Helpline:** 800-950-6264
  - Text **NAMI** to **741741** if in a crisis