

# **NEED HELP?**

## **YOU ARE NOT ALONE**

### **CALL OR TEXT 988**



**SCAN ME**



- **Call Suicide & Crisis Lifeline- 988**
- **SafeVoice- 833-216-SAFE (7233)**
- **Mobile Crisis Response Team- 775-688-1670**
- **Quest Crisis Management-775-786-6880**
- **Vitality Crisis Intervention-775-322-3668**
- **Children's Cabinet Crisis Stabilization- 775-856-6200**
- **NAMI Warmline (adults) 775-241-4212 (non-crisis/peer support)**
- **Call or Text: 988**
- **[www.safevoicenv.org](http://www.safevoicenv.org) (anonymous reporting)**
- **NV Teen Text line 775-296-8336 (peer support)**
- **Trevor Project - LGBTQ+ Text 'Start' to 678678 or Call 866-488-7386**
- **Get connected to counseling at- <https://www.caresolace.com/site/washoe>**
- **Reno Behavioral Healthcare Hospital 775-393-2201**
- **Renown Hospital- 775-982-5318**
- **St. Mary's Hospital- 775-770-3000**
- **Northern NV Medical Center- 775-331-7000**

**PAUSE AND REMEMBER THERE IS ALWAYS HOPE...**