## RESOURCES

## Get the support that you need!

Crisis Support Services of Nevada Call 1-800-273-8255 or local 775-784-8090 | Text CARE to 839863 Available: 24/7/365

Nevada 211 Youth Call 2-1-1 or 1-866-535-5654 Text your zip code to 89811 |Nevada211.org |

Download the FREE app. The Nevada 211 app is an easy way to locate and get connected to thousands of resources near you. Just enter your zip code or enable to the location services in the app, and then you are ready to begin searching for services such as food, shelter, counseling and more. 24/7

Safe Voice Safevoice.org | Call the hotline 1-833-216-7233 or download the app: Safe Voice

Safe Talk for Teens Call 775-823-2700 | Email: safetalkforteens@safetalkforteens.org | English & Spanish |



## NAMI Western Nevada Warmline

The Warmline is a stigma-free, safe, non-crisis phone service that you can call or text to speak with a trained operator.

Call or Text 775-241-4212 \*If you are experiencing a mental health crisis or emergency, call 911.

**National Suicide Prevention Lifeline** 

1-800-273-8255

Trevor Lifeline (LGBTQ): Call 1-866-488-7386 or Text TREVOR to 1-202-304-1200

