

# ROAD MAP TO GETTING HELP



## Suicide Prevention Resources

If you are struggling right now...If life feels like it's too much...  
If you feel like you're drowning...And you can't breathe...  
And you are never going to feel better...REACH OUT! Those  
feelings won't last forever! You can...and will...get through it!

### TEXT MESSAGING

Crisis Text Line  
Text "HELLO" to 741741

Trevor Text (LGBTQ)  
Text "Trevor" to:  
(202) 304-1200  
(M-F: 3-10 pm)  
EST

### HOTLINES

National Suicide Prevention  
(800) 273-8255

Ozone House  
(734) 662-2222

Trevor Lifeline (LGBTQ)  
(866) 488-7386

Get help! Check out one of the organizations above. Talk to your doctor, or a counselor at school, or your minister. Don't just let it drop! Make sure that you always have someone to talk to.

[www.ruokmichigan.org/media.htm](http://www.ruokmichigan.org/media.htm)    [ruokmichigan@gmail.com](mailto:ruokmichigan@gmail.com)