

Emergency Services:

- In the United States, you can call or text the National Suicide Prevention Lifeline at "988". It's a free, confidential 24/7 helpline.
- If you're outside the U.S., look for a similar local emergency hotline or suicide prevention helpline.

Crisis Text Lines:

- In the United States, you can text HOME to the Crisis Text Line at 741741. Trained crisis counselors are available 24/7 to provide support via text message.

Online Chat Support:

- Some organizations provide online chat support for mental health. Websites like the National Suicide Prevention Lifeline ([suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)) offer online chat services.

Local Mental Health Services:

- Reach out to local mental health services or professionals in your area. Hospitals, community health centers, and mental health clinics often provide crisis intervention.

Therapists and Counselors:

- If you have a therapist or counselor, contact them immediately. If you don't have one, consider reaching out to a mental health professional for guidance.

Friends and Family:

- Share your struggles with friends or family members who may provide emotional support. Sometimes, just talking about your feelings can be a significant relief.

Educational Institutions or Employers:

- Many educational institutions and employers have mental health resources and counseling services available for students or employees.

Apps and Online Platforms:

- Some mental health apps and online platforms offer immediate support and resources. Examples include BetterHelp, Talkspace, or 7 Cups.