



WORKING TOGETHER  
TO SAVE LIVES



CRISIS TEXT LINE |

Text HELLO to 741741  
Free, 24/7, Confidential

## Suicide Prevention and Information Resource List

### IF YOU'RE IN A CRISIS

**National Suicide Prevention Lifeline**

800-273-8255 or 1-800-273-TALK

**Mental Health Delegates (mobile mental health unit)**

215-685-6440

**CRISIS TEXT LINE**

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### GENERAL RESOURCES

**Survivors of Suicide**

[www.sosphilly.org](http://www.sosphilly.org)

**To Write Love On Her Arms**

[www.twloha.com](http://www.twloha.com)

**Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

**American Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

**CDC Facebook Page on Violence Prevention**

[www.facebook.com/vetoviolence](https://www.facebook.com/vetoviolence)

**National Institute for Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Substance Abuse and  
Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

**Surgeon General's Call to Action to Prevent Suicide**

[www.surgeongeneral.gov/library/calltoaction](http://www.surgeongeneral.gov/library/calltoaction)