

# IT'S OKAY TO ASK FOR HELP

You don't have to fight your  
battle alone. Talk to us.

Below are ways to connect with a live person 24/7

National Suicide  
Prevention Lifeline  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Text "TALK" to 741741 for free,  
24/7 support.

Text "HOME" to 741741  
for free, 24/7 crisis  
support in the USA.

Guilford County  
Behavioral Health  
Urgent Care  
336-890-2700  
(Walk in 24/7)  
931 Third Street  
Greensboro, NC

Cardinal Innovations  
24/7 crisis line:  
1-800-939-5911

Active suicidal thoughts?  
Call 911  
Go to your nearest  
emergency room.

LGBTQ  
The Trevor Project  
1-866-488-7386  
Text "TREVOR" to 1-202-304-1200

Trans Lifeline  
1-877-565-8860  
SAGE LGBT Elder Hotline  
1-877-360-LGBT(5428)  
LGBT National Hotline  
1-888-843-4564

