

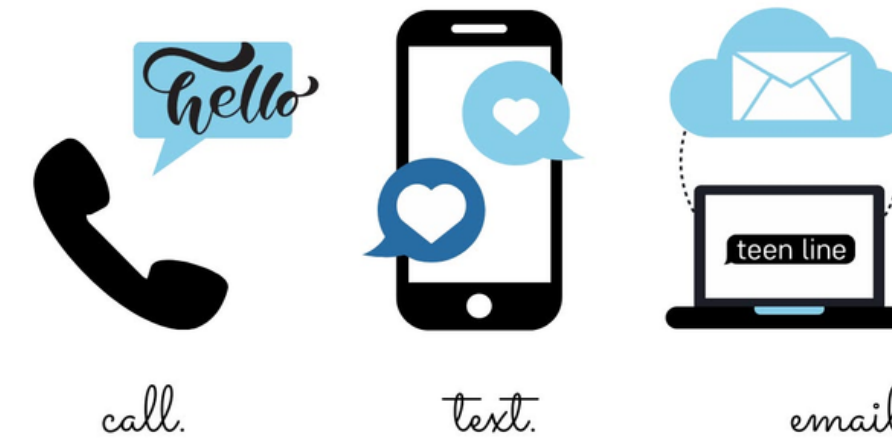
# Additional Resources



**988**  
SUICIDE  
& CRISIS  
LIFELINE

If you or someone you know  
needs support now,  
CALL OR TEXT: 988  
CHAT: 988lifeline.org

Talk with us.



## Teen Line is here for you.

Our trained teen volunteers are available via phone call,  
text message & email every night from 6pm - 9pm PST  
Call (800) 852-8336  
Text "TEEN" to 839863 or  
email us at: <https://teenlineonline.org/talk-now/>

### GET HELP 24/7:



**TrevorText**  
Text START to 678678

**TrevorChat**  
TrevorChat.org

**TrevorLifeline**  
866.488.7386

THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives



[www.elyssasmission.org/resource](http://www.elyssasmission.org/resource)