

Resources to Help in a Crisis

If you are feeling stressed, unable to handle some situations or feeling unsafe, you have resources. First, contact **your therapist, psychiatrist or other outpatient treators**. They are available to support you. Below you will find Crisis Phone Numbers:

Suicide Prevention Lifeline:	1-800-273-TALK (8255)
TTY Number	1-800-799-4TTY (4889)
National Hopeline Network:	1-800-SUICIDE (1-800-784-2433)
Briarpatch Youth Services (For families, parents & teens)	1-800-798-1126
Mental Health Center-Dane County	608-280-2600
Crisis Text Line	Text "START" to 741741
LGBT Youth Suicide Hotline- (Trevor Lifeline)	1-866-488-7386
TrevorText	text "TREVOR" to 1-202-304-1200

If you are in an emergency situation please call 911.