

# Resources & Hotlines

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## Suicide & Crisis Support

**How to:** Text HOME to 741741 (U.S.) to reach a trained crisis counselor anytime.

**Why it works:** Connects you immediately to trained crisis counselors who can help in emotional distress situations.

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## Crisis Text Line

**How to:** Text HOME to 7411741 (U.S.) to reach a trained crisis counselor anytime.

**Why it works:** Offers discreet, text-based help for those who prefer not to speak on the phone.

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## Substance Use Help

**How to:** Call SAMHSA's National Helpline at 1-800-662-4357 for free, confidential treatment referral and information.

**Why it works:** Provides immediate connection to resources for substance use and mental health services.

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## Employee Assistance Program (EAP)

**How to:** Insert your company's EAP phone/email here. Available for counseling, legal, and financial guidance.

**Why it works:** Gives employees free and confidential access to support services through their employer.