

EMERGENCY INTERVENTION!

ALWAYS DIAL 911 IN A LIFE-OR-DEATH EMERGENCY!

SUICIDE AND CRISIS LIFELINE

Dial or text 988 or visit www.988lifeline.org

If you are experiencing mental health-related distress or are worried about a loved one who may need crisis support, connecting with a trained crisis counselor is confidential, free, and available 24/7/365!

Crisis Text Line

Text “HELLO” to 741741

Available 24 hours a day, seven days a week throughout the U.S. serving anyone, in any type of crisis.

Veterans Crisis Line

Call 1-800-273-TALK (8255) and press 1 or text to 838255

Use Veterans Crisis Chat on the web <https://www.veteranscrisisline.net/get-help-now/chat/>

The Veterans Crisis Line is a free and confidential service available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare!

Georgia Crisis and Access Line

www.mygcal.com

1-800-715-4225

Contact social media outlets directly if you are concerned about a friend’s social media updates or **dial 911** in an emergency.

Resources for Mental Health and Depression

According to The National Institute of Mental Health 52.9 million Americans are suffering from some type of mental health issue. That is 1 out of every 5 adults! I felt so alone as I went through my healing process, but you don't have to—please don't do it alone!

Silence the Shame

<https://silencetheshame.com/>

Great local organization for suicide prevention and mental health resources and events

NIMH (The National Institute of Mental Health)

www.nimh.gov

Crisis Text Line Text “HELLO” to 741741

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NAMI (National Alliance on Mental Illness)

www.nami.org/help

Call 1-800-950-NAMI (6264), text "HelpLine" to 62640,

email helpline@nami.org, or chat at www.nami.org/help

Monday through Friday, 10 a.m.–10 p.m. EST. NAMI HelpLine volunteers will answer questions, offer support, and provide practical next steps for anyone suffering from anxiety, PTSD, mood disorders, eating disorders, schizophrenia, and other mental health challenges.

The Depression Project

<https://thedepressionproject.com/>

A social support community for those suffering from depression. The depression project can offer support and helpful resources that will “*guide you from the storm to the sun.*”

To explore SouLah the Legend's personally created and/or recommended resources for mental health and suicide prevention awareness, please visit www.irefusetomissout.com or scan the QR code below.



Resources for Victims of Sexual Trauma

Have you been a victim of sexual abuse or rape? YOU ARE NOT ALONE! According to RAINN, sexual violence happens every 68 seconds in the US! Please take advantage of these free resources to aid your healing process.

RAINN (Rape, Abuse & Incest National Network)

Call 1-800-656-HOPE (4673) or visit www.RAINN.org for chat.

RAINN is the nation's largest anti-sexual violence organization and operates the National Sexual Assault Hotline, available 24/7. You can also download the RAINN mobile app.

The Victim Connect Resource Center

Call or Text 1-855-484-2846 or visit www.victimconnect.org for chat service. Available Weekdays 8 a.m. to 5 p.m. (EST)

VictimConnect is a referral helpline where crime victims can learn about their rights and options confidentially and compassionately.

DoD Safe HelpLine

Call 1-877-995-5247 or visit chat at <https://safehelpline.org>

100% confidential sexual assault support for members of the military community. Call, chat, or download the mobile app 24/7. Also get help for reporting retaliation!

For more local resources Dial 211