

MENTAL HEALTH MATTERS

Need Support? You are not alone.

NATIONAL
SUICIDE LIFELINE

1-800-273-8255
suicidepreventionlifeline.org



CRISIS
TEXTLINE

Text HOME to 741741
crisistextline.org



LGBTQ+
LIFELINE

1-866-488-7386
Text START to 678-678
thetrevorproject.org



NAMI
COASTAL VIRGINIA

THE NATIONAL ALLIANCE ON MENTAL ILLNESS

(757) 499-2041
namicoastalvirginia.org
Education, Support & Advocacy



Scan here for these
resources & more!



NAMI Coastal Virginia

