RESOURCES

New York City
Samaritans Suicide Prevention Hotline
212.673.3000
Free, immediately accessible, 24/7 emotional support, Anonymous and confidential.

Covenant House
National Nineline Hotlines
24 hours/7 days
1.800.999.-9999

National Suicide & Crisis Hotlines
1.800.273.TALK (8255)
1.800.SUICIDE (784.2433)
Online chat: suicidehotlines.com/national.html

Crisis Text Line
Text “CONNECT” to 741741

Union Benefit
Healthcare Assistance with Member Support (HCAMS) 1.888.828.7826