



HELP IS HOPE.

Suicide is preventable. If you or someone you know is feeling hopeless there is HELP!

School staff and other trusted adults on campus can help you get the resources and support you need.

ORANGE CARD RESOURCES



EMERGENCY: 911

If this is a LIFE-THREATENING emergency call 911 or go to your nearest hospital

OC LINKS: (855) 625-4657

24/7 Call for crisis services and mental health resources

NATIONAL SUICIDE PREVENTION LIFELINE: (800) 273-8255

24/7 free and confidential support

OC WARMLINE: (714) 991-6412

Call or text 24/7 provides emotional support and resources

TREVOR LINE: (866) 488-7386

24/7 support for the LGBTQ+ community

SCHOOL OR TRUSTED ADULT

NAME:

PHONE:

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