

There is hope.



**988** SUICIDE & CRISIS  
**LIFELINE**

PEP22-08-03-012  
33377A

Whatever your situation, pick up the phone and talk with someone

**Emergency 911 | Community Resources 211**

**National Suicide Prevention Hotline**

**1-800-273-8255**

**Crisis Text Line: Text "HELP" to 741741**

Support Services

Ryan's Place, 574-535-1000

Heart City Health, 574-293-0052

Samaritan Health and Living Center, 574-262-3597

Oaklawn, 574-533-1234



## CRISIS TEXT LINE

- Need help?
- Need someone to talk to?

**TEXT "CONNECT"  
to 741741**

**AVAILABLE 24/7  
ALWAYS FREE  
ALWAYS CONFIDENTIAL**

[CrisisTextLine.org](http://CrisisTextLine.org)