

Stressed out? Feeling lost? Overwhelmed? 😞 😓 🤔 It's OK to ask for help. If you need it, reach out!

Help eliminate stigmas



Help that comes to you!
Community Crisis Response & Intervention
1-833-DMH-CCRI (364-2274)

Crisis help over the phone
National Suicide Prevention Lifeline
1-800-273-TALK (8255)
SC HOPES


1-844-SC-HOPES (724-6737)
Greenville Crisis Line
1-864-467-8336
or text **839863**


Trevor Project Lifeline (LGBTQ+ youth)
1-866-488-7386

 Trans Lifeline
1-877-565-8860
Crisis Text Line

Text **"HOPE4SC"** to **741741**

Stigmas hurt everyone. Ending them increases the chances someone gets help for these issues before they consider suicide.

Stop Bullying 
stopbullying.gov
Learn how to address and stop bullying and cyberbullying.

LoveisRespect 
loveisrespect.org
Help prevent and end abusive relationships.

866-331-9474
TTY: **866-331-8453**
or text **"loveis"** to **22522**

Society for the Prevention of Teen Suicide
sptsusa.org/teens
Learn how to help people who may be having suicidal thoughts, as well as how to cope with losing someone to suicide.

It Gets Better 
itgetsbetter.org
Support for LGBTQ+ youth coping with additional stigma.

You Matter
youmatter.suicidepreventionlifeline.org
A space for youth to discuss mental health and wellness.

Ditch the Label
ditchthelabel.org
One-on-one help, group help, and self-help materials.



NEED HELP? There's an app for that!

MY3



MY3 is a collaborative tool for safety planning. Features such as My Reason for Living, My Coping Strategies, and My Network help users better understand themselves and how they can cope to survive their suicidal crises, with access to the National Suicide Prevention Lifeline and 911 at the touch of a button.



BoosterBuddy is an app designed to help adolescents and teens cope with psychosis and related mental health concerns. It can help youth become more actively involved in managing their wellness.



Developed by the Department of Defense, **Virtual Hope Box** helps individuals struggling with suicidal thoughts build resiliency. Users develop a fully immersive, customizable experience featuring games, inspirational quotes, coping exercises, breathing therapy, and much more.



Is someone living with you struggling with suicidal thoughts? Have they indicated a method? If so, **Suicide Safer Home** helps users learn about resources, how to take action, and most importantly, how to reduce access to lethal means.



A Friend Asks, developed by the Jason Flatt Foundation, is a go-to resource for those who think someone they care about might be at risk of suicide. Each app offers tips for how to look for warning signs, instructions for how to ask a friend if they've been thinking about suicide, and what to do if they say, "yes."

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South Carolina
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Mental Health