

## **Kids and families don't have to go it alone. Resources are available.**

### **National Suicide Prevention Lifeline: 1.800.273.TALK (8255)**

The National Suicide Prevention Lifeline provides free and confidential support for someone who is suicidal as well as prevention and crisis resources for parents. Call anytime, day or night.

### **Crisis Text Line: Text "HOME" to 741741**

The Crisis Text Line also makes it easy to get fast, free help 24 hours a day, 365 days a year. Since the text line was launched in 2013, trained volunteers have taken over 79 million text messages.

### **Family Service & Guidance Center: 785.232.5005**

Whether your child is experiencing a mental health emergency and is in danger of hurting themselves or others or they're having a difficult time following rules and paying attention at school. FSGC is here to help.

Call 785.232.5005. Crisis Services can be reached 24 hours a day, 365 days a year. Appointments can be scheduled between 8 a.m. and 5 p.m.