

Mental Health Crisis Intervention Resources

Dear [Recipient's Name],

I hope this message finds you well. In light of recent events, I wanted to share some important resources that can provide support during mental health crises.

Crisis Hotlines:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255)
- **Crisis Text Line:** Text "HELLO" to 741741
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (1-800-662-4357)
- **Veterans Crisis Line:** 1-800-273-8255 & Press 1

Local Resources:

[Insert local crisis center name and contact information]

[Insert local therapist directory or service provider information]

Emergency Services:

If you or someone you know is in immediate danger, please call 911 or visit the nearest emergency room.

Your mental health is important. Please do not hesitate to reach out to these resources for support.

Take care,

[Your Name]

[Your Contact Information]