It’s OK to not be OK, but in a moment of crisis, there are people you can talk to, people who can help you. Remember, someone somewhere wants, loves, or needs you here with them.

IN AN EMERGENCY, PLEASE CALL 911

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

The Trevor Project Lifeline
1-866-488-7386

Greenville Crisis Line
(864) 271-8888

Greenville Teen Line
(864) 467-8336
or text TEENline to 839863

Crisis Text Line
Text “HOME” to 741741

South Carolina Youth Suicide Prevention Initiative
(803) 896-4740

DMH South Carolina Department of Mental Health
Any reason is a good reason to reach out for help, including:

- Relationship problems
- Feeling sad
- Alcohol and drug problems
- Hopelessness, loneliness or depression
- Feeling helpless, stressed, or that you’re a burden

*If a friend is going through these things, it’s OK help them.*

Things you might be feeling or experiencing:

- Loss of interest in work, school and regular activities
- Worthlessness or self blame
- An urge to escape, or feeling that nothing matters
- Talking about death and threats of suicide

Things that can help:

- Connecting to family, friends or others
- Talking to a trusted adult who isn’t a family member
- Talking to a school counselor
- Using online resources or calling a support hotline
- Seeking counseling

*Remember: You’re already surviving, so you are strong. You can keep going, one breath at a time.*