If you are in a crisis or concerned about a loved one, call the National Suicide Prevention Lifeline at 1.800.273.8255 or text "home" to 741741

It's **OK** to **Not Be Ok**

911/Emergency Services

When in immediate danger of death or harm, call 911 right away.

Support Groups

Groups of parents, spouses, children, friends and survivors can help ensure you never feel alone in your journey to wellness.

Crisis Mobile Unit

Trained mental health professionals can be dispatched to your location immediately.

Crisis Hotline

Connect immediately with a caring professional who can help in a crisis or be a friendly ear to listen.

Services for Specific Populations

Unique services are available for LGBTQ+ people, veterans, first-responders, seniors and specific cultural groups.

Broward

Hospitals

Services are available to heal and stabilize you or your loved one before, during or after a suicide crisis.

Faith-Based Resources

Many religious organizations offer suicide support services with a faith-based approach.

Other Community Resources

Getting involved in a meaningful activity can increase resiliency and can promote healing and wellness.

Counseling/Therapy

Caring professional are available to listen and help you resolve issues you are facing. Often affordable or even free.

Training/Education

Educational resources and training courses are available for individuals and groups interested in preventing suicide.





To be connected with resources or if you need crisis services, just dial 211. Visit www.211-broward.org for an online portal of community resources.

Help is available for all people impacted by suicide. There are many services ready to help prevent suicide, support those thinking about suicide, assist those who are concerned about someone at risk of suicide, and support survivors after a loss.