

DMH Community Crisis Response & Intervention (CCRI)

833-364-2274 / Text HELLO to 741741

CCRI serves as an extension of traditional services/treatment and will respond with law enforcement to a crisis. In a crisis, call emergency services first then call CCRI afterwards for assistance. CCRI can provide crisis intervention, screenings, and referrals to treatment resources.

S.A.F.E.

**1-800-DONTCUT
1-800-366-8288**

Provides information on self-harm.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

A 24/7, free hotline available to anyone in suicidal crisis or emotional distress.

National Eating Disorder Association

**nationaleatingdisorders.org
1-800-931-2237**

Links to helpline, resources and treatment options for eating disorders.

Trevor Project

1-866-488-7386

Resources for LGBT youth.

Society for the Prevention of Teen Suicide

sptsusa.org/teens

Help yourself or a friend who may be having suicidal thoughts, as well as how to cope if a friend dies by suicide.

Love Is Respect

**1-866-331-9474
Text LOVEIS to 22522**

Prevent and end abusive relationships. Text or Call to talk with a peer advocate.

It Gets Better

itgetsbetter.org

A place where young people who are lesbian, gay, bisexual, or transgender see how love and happiness can be a reality in their future.

Planned Parenthood

803-256-4908

Information on birth control, HIV Services, abortion referral, LGBT Services, sexual and reproductive health education, STD testing. Located at the Columbia Health Center.

Ditch The Label

ditchthelabel.org

The largest anti-bullying support hub in the world. Provide one-on-one, group help & self-help guides and materials.

Stop Bullying

stopbullying.gov

Information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

Sexual Trauma Services of the Midlands

800-491-7273

Advocates for and supports survivors of sexual assault and abuse. Education to identify and prevent sexual violence.

**FREE
PHONE
APPS**

MY3

Choose three close contacts to reach out to when you are struggling. Build a safety plan, recognize your warning signs and learn coping strategies.

Virtual Hope Box

Users struggling with suicidal thoughts develop their own customizable experience with games, quotes, coping exercises & more.