



## **Need help now?**

### NATIONAL HOTLINES in US

**Text HOME to 741741**

to connect with a Crisis Counselor

**Text or Call - 988**

to connect with Crisis Counselors

**CALL - 1-800-273-8255**

to connect with Crisis Counselors

### LOCAL Emergency Services in TENNESSEE

**CALL 1-855-274-7471**

anywhere in TN

**CALL 615-726-0125**

for Local Crisis Help