



HAVE A PLAN - HAVE A BUDDY

Who's Your Buddy?

BUDDY NAME: _____

PHONE: _____

The Plan? e.g. disassemble firearm, store offsite

PLAN: _____

National Suicide Prevention Lifeline: 1-800-273-8255
En Español: 1-888-628-9454

Youth line: Call 1-977-968-8491 (24 hours)
or Text teen2teen to 839863 (4 pm – 10 pm daily)

Veterans Crisis Line: 1-800-273-8255 and Press 1
or Text to 838255
<https://www.veteranscrisisline.net>

The Trevor Project: LGBTQ young people 1-866-488-7386

Other _____