

# What is a crisis?

A crisis is a time of intense difficulty, trouble or danger.

In the case of a crisis....

CRISIS TEXT LINE: text HOME to 741741.

CRISIS CALL LINE: dial 988

It's free and will get you connected to a crisis worker should you have any suicidal or homicidal ideations.

What are ideations? Ideations are the formation of ideas or concepts.

- Suicide: the act or an instance of taking one's own life voluntarily and intentionally.
- Homicide: the act of one person killing another person.

*"To anyone out there that is hurting, it's not a sign of weakness to ask for help. It's a sign of strength."*