

# *Crisis*

# *RESOURCES*

[www.tucumcaritarot.com](http://www.tucumcaritarot.com)

If you or someone you know is in crisis please use one of the resources listed here. Don't be afraid to seek help!

National Suicide Prevention Hotline: 1-800-273-8255

Veterans Crisis Line: 1-800-273-8255 Option #1

IAMALIVE Crisis Hotline: 1-800-442-4673

Depression Hotline: 1-800-826-3632

SAMHSA Treatment Referral Helpline – 1-877-SAMHSA7  
(1-877-726-4727)

ActiceMings.org : a terrific resource for depression, anxiety, eating disorders, etc. help sources.

Emergency? Life Threatening Situation: 9-1-1

Or consult your physician for mental health resources in your community.