Karen

National Suicide Prevention Lifeline
Toll-free: 1-800-273-TALK (1-800-273-8255)
Trans Lifeline: 1-877-565-8860

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This resource is not to be used as, nor an endorsement, by CDC/HHS, or the U.S. Government.

References:
https://www.cdc.gov/mentalhealth/stress/index.html
https://www.translifeline.org/find-support-groups
https://www.nami.org/find-support-groups