

TOGETHER STRONG

Tips & Tactics

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National Resources

The National Suicide Prevention Lifeline



1-800-273-TALK (8255)

For veterans press 1
En español oprima el 2

[suicidepreventionlifeline.org »](http://suicidepreventionlifeline.org)

The Jed Foundation

Promoting emotional health and preventing suicide.

[www.jedfoundation.org »](http://www.jedfoundation.org)

The Trevor Lifeline (for LGBTQ youth)

866-488-7386

[thetrevorproject.org »](http://thetrevorproject.org)

Active Minds

Dedicated to raising mental health awareness among college students

[www.activeminds.org »](http://www.activeminds.org)

Student Veterans of America

Provide military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation.

[studentveterans.org »](http://studentveterans.org)