

Mental Health Resources

If you or someone you know is in need of urgent or in-person mental health services please utilize the following resources:

Emergency Services:

Dial 911 or go to your nearest **Emergency Room**

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Trained crisis workers are available to talk **24 hours a day, 7 days a week**. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

Find in-person mental health services by visiting:

<https://www.uhsinc.com/our-communities/>