



Crisis Chat at [suicideprevention.wellspacehealth.org](https://suicideprevention.wellspacehealth.org)  
 Or text the word HOPE to 916.668.iCAN (4226)  
 24hr Suicide Prevention Crisis Lines:  
 1-800-273-8255 or (916) 368-3111



Suicide Prevention & Crisis Services – a program of WellSpace Health  
[wellspacehealth.org](https://wellspacehealth.org)



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 Funded by counties through the voter approved Mental Health Services Act (Prop. 63).



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