

▶▶ *Find help. Get help.* ▶▶

9888

24-HR SUICIDE + CRISIS LIFELINE

Call, text, or chat with a trained crisis counselor. **Free, confidential, 24/7** care and support for those experiencing a suicidal crisis or emotional distress, and for those worried about someone else.



**CAMPUS
HEALTH**

[PREVENTSUICIDE.ARIZONA.EDU](https://preventsuicide.arizona.edu)