

# Need to talk?

If you or a friend  
are in crisis  
text "CONNECT" to  
**855-11**  
any time, 24/7

Confidential. Safe.  
Non-judgmental.

## GET HELP NOW

*It will make a difference.*

**CRISIS TEXT HOTLINE (24 hours)**

Text "CONNECT" to 855-11

*Standard text rates based on your service provider will apply.*

**CRISIS HOTLINES (24 hours)**

CrisisLink Hotline    **703-527-4077**

National Suicide Prevention Lifeline    **1-800-273-TALK (8255)**



These services are provided as a free community resource through funding from the Virginia Department of Behavioral Health & Developmental Services and a partnership between PRS CrisisLink, City of Alexandria Community Services Board, Arlington County Community Services Board, Fairfax - Falls Church Community Services Board, Loudoun County Community Services Board and Prince William Community Services.

Printed Sept. 2015

PRS  
**CrisisText**  
connect