



If you or someone you care about is struggling, there is help.

There is hope!

In Chester County, call 24/7 for yourself or a friend —

610-280-3270

OR call the national lifeline at 800-273-TALK / Veterans Press 1

National Text Line — 741-741

If you're concerned, don't wait. Reach out now.

Suicide happens more often than most people realize, but it can be prevented.

[Click here to learn more about risks and warning signs of suicide.](#)



Chester County Department of Mental Health / Intellectual
& Developmental Disabilities— www.chesco.org/mhidd