



*Public Behavioral Health, Crisis, & Support  
bridging the gap for community health and healing.*

*Suicide can be prevented.*

For local support, contact the  
Behavioral Health Crisis Center:

**757-656-7755**

or

Contact the  
National Suicide Prevention Lifeline:

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

RED NACIONAL  
de  
PREVENCIÓN  
del  
**SUICIDIO**  
1-888-628-9454  
prevenciondelsuicidio.org