



Wellness Resources for Stress, Depression, & Suicide Prevention

Share with your workplace, family, or friends.

First Call for Help
Frontier Behavioral Health
509.838.4428
www.fbhwa.org

Trevor Project LGBTQ+ Support
866-488-7386
Text START to 678678
www.thetrevorproject.org

National Suicide Hotline
1.800.273.8255
Text TWLOHA to 741741
www.suicidepreventionlifeline.org

Crisis Text Line 741-741
www.crisistextline.org
Or call 9-1-1



www.AmericanExpressTumblr.com



Need help finding a resource?

Ask library staff for help if you are unable to find or access a resource. We're glad to help you find the information you are looking for.