

**Mississippi Department of
Mental Health Helpline**

Available 24 hours per day, 7 days per week

1-877-210-8513

www.dmh.ms.gov

**Mental Health Mississippi
www.mentalhealthms.com**

**National Suicide Prevention
Lifeline**

1-800-273-TALK (8255) or

1-888-628-9454 (Spanish)

Mississippi Crisis Text Line

1-866-488-7386

Trans Lifeline

1-877-565-8860

www.translifeline.org

**Shatter the Silence Suicide
Prevention App**

Search "Shatter the Silence" in the Google Play
and Apple stores

Mobile Crisis Resources

Region 3 - 866-255-9986

Region 4 - 888-287-4443

Region 6 - 866-453-6216

Region 7 - 888-943-3022

Region 2

Region 15 - 601-638-0031