

# NATIONAL SUICIDE PREVENTION LIFELINE **1-800-273-8255**

This phone number is for those in crisis,  
their friends/family, or ANYONE looking  
for best practices and info

**SUICIDEPREVENTIONLIFELINE.ORG**

Find support groups, videos, and online  
discussion groups at **NAMI.ORG**.

Ruth Harbin Counseling is here for you locally.

**WWW.CENTERFORLIFESKILLS.ORG**

Foothills Alliance provides crisis intervention  
and support for survivors of sexual assault  
and child abuse in Anderson and Oconee.

**WWW.FOOTHILLSALLIANCE.ORG**