



Crisis Resources

Local:

Pathways 24/7 Crisis Support
1-888-PATHWAY (1-888-728-4929)

Dial Help

(Based in Houghton, MI)
www.dialhelp.org (24/7 Chat option)
Crisis Call: 800-562-7622 or 906-482-HELP
Crisis Text: 35NEEDS (906-356-3337)

Nationwide:

Suicide Prevention Lifeline

1-800-273-8255

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

National Substance Abuse Hotline

Call: 1-844-289-0879

Text: 'HOME' to 741741

Teen Link

1-866-TEENLINK (1-866-833-6546)

LGBTQ+ Youth Support Hotline

Call: 1-866-488-7386

Text: 'START' to 678-678