



You are not alone.

211 CNY Information and Referral

211

CPEP

315-448-6555

Crisis Connect/Mobile Crisis

315-251-0800

Crisis Text/Self-Harm

741-741

Domestic Violence: Vera House

315-468-3260

Eating Disorder: Ophelia's Place

315-451-5544

Prevention Information: Prevention Network/Teen Institute

315-471-1359

Substance Support: Helio Health

315-471-1564

Suicide Hotline: National Suicide Prevention Lifeline

1-800-273-8255

Q-Center (LGBTQ)

315-701-2431

Onondaga County Suicide Prevention Coalition

www.OnondagaSuicidePrevention.com



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