

SUICIDE AND CRISIS LIFELINE

Languages: English, Spanish
Available 24 hours



TEXT 988

OR



CALL 988

CAPS
703-993-2380
option 1

Emergency:
Mason Police
703-993-2810
or 911

MASON
MINDS
MATTER

Know the Signs. Seek Help.

Talking about:

- Wanting to die
- Excessive guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often