

**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**