

i hate it here.

I hate it here is a lightweight and accessible way to get access to suicide prevention links, numbers, and information.

If this is an emergency, Dial 911 or the emergency number for your area.

Click on the name of the resource to visit the site.

Suicide Prevention Lifeline

1(800)-273-8255

Crisis Text Line

Text "HOME" to 741741

SAMSHA Substance Abuse Hotline

1(800)-662-4357

RAINN Sexual Abuse Hotline

1(800)-656-4673

The Veterans Crisis Line

TEXT 838255

The Trevor Project

866-488-7386

[Click here for more resources.](#)

[Click here to learn how to help prevent suicide.](#)

[ihih github](#)