

# Mental Health Resources

Mississippi Department of  
Mental Health Helpline  
Available 24 hours per day, 7 days per week  
1-877-210-8513  
[www.dmh.ms.gov](http://www.dmh.ms.gov)

Mental Health Mississippi  
[www.mentalhealthms.com](http://www.mentalhealthms.com)

National Suicide Prevention  
Lifeline  
1-800-273-TALK (8255) or  
1-888-628-9454 (Spanish)

Crisis Text Line  
Text HOME to 741-741

Trevor Lifeline (For LGBTQ Youth)  
1-866-488-7386

Trans Lifeline  
1-877-565-8860  
[www.translifeline.org](http://www.translifeline.org)

Shatter the Silence Suicide  
Prevention App  
Search "Shatter the Silence" in the Google Play  
and Apple stores

## Mobile Crisis Response Teams

Region 1 - 888-404-8002  
Region 2 - 866-837-7521  
Region 3 - 866-255-9986  
Region 4 - 888-287-4443  
Region 6 - 866-453-6216  
Region 7 - 888-943-3022  
Region 8 - 877-657-4098  
Region 9 - 601-955-6381  
Region 10 - 800-803-0245  
Region 11 - 877-353-8689  
Region 12 - 888-330-7772  
Region 13 - 800-681-0798  
Region 14 - 866-497-0690  
Region 15 - 601-638-0031

