

# Crisis Resources



You can, and should, call or text a crisis line if you are experiencing emotional distress, even if you're not suicidal.

You don't have to wait until you're in acute crisis to reach out to a professional crisis resource.

Being proactive before things reach a critical low point can save your life.

## **Make a Safety Plan Before You Need One**

(Link to fillable Safety Plan Form)

**Local 24/7 Pinellas County Suicide Hotline – 727-791-3131**

**Local 24/7 Pinellas County Mental Health Assistance – 727-541-4628**

**Safe Call Now – 1-206-459-3020**

A 24/7 help line staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.

**Fire/EMS Helpline – 1-888-731-3473**

Also known as Share the Load. A program run by the National Volunteer Fire Council. They have a help line, text-based help service, and have also collected a list of many good resources for people looking for help and support.

**First Responder Crisis Text Line 24/7 – Text BADGE to 741741**

Crisis Counselors are available 24/7.

**Veterans Crisis Line- 988 & press 1, or text 838255, or 844-693-5838**

A crisis line specifically for veterans of the US armed forces.

**Firestrong Crisis Line – 1-844-525-3473**

Phones are answered by clinical staff from the Crisis Response Network, and is available to any first responder, regardless of whether your agency has a Firestrong account.

**LGBT+ National Crisis Hotline – 1-888-843-4564 - [help@LGBThotline.org](mailto:help@LGBThotline.org)**

*\*Mon-Fri: 4pm to midnight, EST | Sat: noon to 5pm, EST*

Anonymous and confidential, callers can speak on many different issues and concerns including, but not limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.

**Trans Lifeline – 1-877-565-8860**

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.