

## **988 Suicide and Crisis Lifeline**

If you feel like you or someone you know is in immediate danger, **Dial 988** or go to an emergency room to get immediate help. Explain that it is a psychiatric emergency and ask for someone who is trained for these kinds of situations.

The 988 Suicide & Crisis Lifeline (formerly called the National Suicide Prevention Hotline) fields calls 24/7 for anyone with suicidal thoughts or for anyone who is in crisis. It offers help for Spanish-speakers and for anyone who is deaf or hard of hearing. Their website also offers many resources to find help for yourself or for someone you know.

**Dial: 988**

**TTY: 1-800-799-4889**

**[www.988lifeline.org](http://www.988lifeline.org)**

**IMAlive Online Crisis Chat: [www.IMAlive.org](http://www.IMAlive.org)**

IMAlive is the world's first virtual crisis center where 100% of the volunteers are trained in crisis intervention. Since its launch in 2011, IMAlive has helped thousands of people in crisis.

**Befrienders Worldwide (International)**

**Online Crisis Chat: [www.befrienders.org](http://www.befrienders.org)**

Befrienders Worldwide members seek to help people contemplating suicide. Their members and volunteers around the world provide confidential support to people in emotional crisis or distress, or those close to them.

## **Crisis Text Line: Text “Hello” to 741741**

Crisis Text Line fields messages about suicidal thoughts, abuse, sexual assault, depression, anxiety, bullying and more. What makes it unique is that it's entirely text-based, which makes it easy for anyone who doesn't feel comfortable or safe talking on the phone to use it.

You can **Text 741741** in the U.S. or U.K. (**686868 in Canada**), reach out via WhatsApp or message Crisis Text Line on Facebook for help. You'll be matched with a volunteer counselor who is supervised by a licensed, trained mental health professional.

## **Never Use Alone**

**National Line: 1-800-484-3731**

**New England Line: 1-800-972-0590**

**New York Line: 1-800-997-2280**

**Spanish Line: 1-800-928-5330**

**Online Chat Available: [www.NeverUseAlone.com](http://www.NeverUseAlone.com)**

If you are going to use by yourself, call us! You will be asked for your first name, your location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an *“unresponsive person”* at your location.

## **National Overdose Response Service (Canada):**

**1-888-688-6677 or [www.NORS.ca](http://www.NORS.ca)**

NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs. Call NORS before you use drugs to connect with people who want to help you stay safe.

### **The Mandy Line: 1-800-943-0540**

We're here for you. This new service is for people to call when they're struggling with a substance use disorder, and just need someone to talk to that has been there and understands. All operators have lived experience with SUD, and can relate to what you're going through. We are NOT licensed therapists or psychologists, and we are not affiliated with any treatment center. We will never try to push you into going to treatment. We're just here to listen, and offer feedback when requested.

### **NAMI (National Alliance on Mental Illness) HelpLine:**

**Available Monday–Friday from 10AM–10PM**

**Text “Helpline” to 62640 or call 1-800-950-NAMI (1-800-950-6264)**

**Online Chat at [www.nami.org/help](http://www.nami.org/help) or email [helpline@nami.org](mailto:helpline@nami.org)**

During this difficult time, the NAMI HelpLine is here for you. Volunteers are working to answer questions, offer support, and provide practical next steps. Text, chat, call, or email the NAMI HelpLine today.

### **National Domestic Violence Hotline:**

**Text “START” to 88788 or call 1-800-799-7233**

Anyone who is experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member or loved one can call the National Domestic Violence Hotline 24 hours a day, seven days a week. They offer support in more than 200 languages, and a confidential, secure online chat.

### **Rape, Abuse, Incest National Network (RAINN):**

**1-800-656-HOPE or [www.RAINN.org](http://www.RAINN.org)**

This Hotline will connect you to the nearest Rape Crisis Center.

## **The Trevor Project: 1-866-488-7386 or text START to 678678**

LGBTQIA+ kids and teens can reach out to The Trevor Project for support during a crisis, if they are feeling suicidal or need a safe space to talk about any issue. You can also chat via their website or Text “START” to 678678.

## **Trans Lifeline: 1-877-565-8860**

The Trans Lifeline provides support specifically for transgender and questioning callers, run by trans people. They provide support during a crisis and can also offer guidance to anyone who is questioning their gender and needs support.

The hotline is available between 7AM–1AM PST (9AM–3AM CST, or 10AM–4AM EST). But operators are often available during off-hours, so if you need to call, no matter what time it is, you should still call.

**A few other LGBTQIA+ helplines that offer support, but not necessarily crisis intervention:**

- **LGBT National Hotline: 1-888-843-4564**
- **LGBT National Youth Talkline: 1-800-246-7743**
- **LGBT Senior Hotline: 1-888-234-7243**
- **National STD Hotline: 1-800-227-8922**
- **National HIV Hotline: 1-800-342-AIDS**

## **Adult Protective Services: 1-800-992-1660**

A 24-hour hotline for adults with disabilities or elders who are being abused, neglected, or exploited.

**U.S. Veterans Crisis Line:**

**Dial 988 and Press 1 or Text 838255**

**[www.VeteransCrisisLine.net/](http://www.VeteransCrisisLine.net/)**

Available 24/7. Connects veterans, service members, National Guard, and Reserve members in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, text, or online chat.

**Behavioral Health Treatment Services Locator:**

**[www.FindTreatment.samhsa.gov/locator](http://www.FindTreatment.samhsa.gov/locator)**

The Behavioral Health Treatment Services Locator is an online source of information for persons seeking treatment facilities in the United States or U.S. Territories for mental health problems and/or substance abuse/addiction.

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