



CRISIS SUPPORT RESOURCES



RESOURCE	CONTACT METHOD	SERVICE DETAILS
 National Suicide & Crisis Lifeline	 Call or Text 988	 Free, confidential support available 24/7/365 across the US.
 Crisis Text Line	 Text HOME to 741741	 Connect with a crisis counselor via text 24/7.
 The Trevor Project (LGBTQ+ Youth)	 Call 866-488-7386 or Text START to 678-678	 Dedicated 24/7 crisis intervention for LGBTQ+ young people.
 Veterans Crisis Line	 Call 988 (Press 1) or Text 838255	 Free support tailored for veterans, service members, and loved ones.
 re:solve Crisis Services (Allegheny County)	 Call 1-888-796-8226	 Local 24/7 crisis counseling and mobile crisis dispatch in the Pittsburgh region.