

Crisis Resources

FOR TEENS, PARENTS, AND FAMILIES

Sometimes parents notice small changes but feel unsure how to bring it up. The goal of this conversation is not to have perfect answers. The goal is to create a safe space where your child feels seen and heard.

Even a short, caring conversation can help you start an important conversation before someone reaches a crisis point.



988 SUICIDE & CRISIS LIFELINE

Call or text **988**.

Free and confidential support available 24/7.



CRISIS TEXT LINE

Text **HOME** to **741741**

Text with a trained crisis counselor 24/7.



THE TREVOR PROJECT

Resources for LGBTQ youth

Call, text, or chat at **1-866-488-7386**



SAMARITANS

24/7 emotional support

Call or text **1-877-870-4673**



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NATIONAL RUNAWAY SAFELINE

Help for youth in crisis

Call **1-800-RUNAWAY** (1-800-786-2929)



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LOCAL EMERGENCY SERVICES

Emergency: Call **911**



NATIONAL DOMESTIC VIOLENCE HOTLINE

Help for those experiencing abuse

Call or text **1-800-799-7233**



If someone is in immediate danger, do not leave them alone.

Stay with them until help arrives. You do not have to handle this alone.