

# EMERGENCY MENTAL HEALTH CONTACTS

If you're experiencing emotional distress, the resources below provide free and confidential support 24/7. If this is an emergency, call 911.

**Suicide Prevention Lifeline** 

**Call: 988**

 **Chat online**

**Crisis Text Line** 

**Text: HOME to  
741741**

 **Website**

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

 **Website**

**The Trevor Project**  **Call: 1-866-488-7386**  **Text: START to 678-678**

 **Chat Online**

**WhatsApp Crisis  
Text Line** 

**Message on  
WhatsApp:**

**Veterans Crisis Line**  **Call: 988 then  
press 1 Text: 838255**

 **Chat Online**

## Disclaimer

The resources listed above are provided for informational purposes only and do not constitute medical advice, diagnosis, or treatment. Thrive Collective Services does not endorse or have official affiliations with the organizations listed. In case of an emergency, always contact 911 or go to your nearest emergency room. We do not collect or store personal information through this resource list. This tool is not monitored in real-time and should not be used to communicate private health information or urgent mental health concerns.