

Crisis Resources

988 Suicide and Crisis Lifeline

988 provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call or text 988 to receive help.

Chat - <https://988lifeline.org/>

Veteran's Crisis Line

The Veterans Crisis Line is a free, anonymous, confidential resource that's available to Veterans, Service Members, National Guard and Reserve, and their family members and friends, even if you're not registered with VA or enrolled in VA health care.

Dial 988 and Press 1, 24/7

TrevorLifeline

LGBTQA+ People Under 25

TrevorLifeline: 866-488-7386

TrevorText: Text START to 678678

TrevorChat: <https://www.thetrevorproject.org/get-help-now/>

YouthLine

YouthLine is a free 24-hour, peer-to-peer youth crisis and support service via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times.

Telephone: 877-968-8491

Text teen2teen to 839863.

National Sexual Assault Hotline

A national hotline and chat service providing free confidential help 24/7 to connect callers to more than 1,000 local sexual assault service providers across the country.

Hotline: 800-656-4673

Chat: <https://hotline.rainn.org/online>

En Español: <https://hotline.rainn.org/es>

National Domestic Violence Hotline

A national hotline and chat service that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

Hotline: 800-799-7233

En Español: 800-799-7233

<http://www.thehotline.org/>