

Lifelines, Hotlines, and other Support Services

Mental Health Crisis Resources and Suicide Prevention Lifeline

Suicide Prevention Lifeline

suicidepreventionlifeline.org

The current Lifeline phone number [1-800-273-8255](tel:1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

- [988](https://suicidepreventionlifeline.org) has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.
 - o This dialing code is available to everyone across the United States.
- When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network.
 - o These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.



Crisis Counselor Text Line

crisistextline.org

Text **HOME** to [741-741](tel:741-741) from anywhere in the United States, anytime. Crisis Text Line is here for any crisis.

- A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



LGBTQIA+ Support

Trevor Project for Young LGBTQIA+ Lives

thetrevorproject.org

Text **START** to [678-678](tel:678-678) or call [1-866-488-7386](tel:1-866-488-7386)

- Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on this free, confidential, and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.



It Gets Better Project

itgetsbetter.org

The It Gets Better Project is a global non-profit that reaches millions of young people each year through inspiring media programming, educational resources, international affiliates in 19 countries, and access to an arsenal of community-based service providers.

Transgender Law Center

transgenderlawcenter.org

Transgender Law Center is the largest national trans-led organization advocating self-determination for all people. Grounded in legal expertise and committed to racial justice, they employ a variety of community-driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation.



Substance Abuse Assistance

Substance Abuse & Mental Health Services Administration (SAMHSA)

samhsa.gov

Telephone: [1-800-662-HELP](tel:1-800-662-HELP) (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Alcoholics Anonymous (A.A.)

aa.org

Find a meeting location near you using the Alcoholics Anonymous website.

A.A. is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate.

Membership is open to anyone who wants to do something about their drinking problem.

Narcotics Anonymous (N.A.)

na.org

Find a meeting location near you using the Narcotics Anonymous website.

Narcotics Anonymous is a fellowship of people who come together to support one another in their drug abuse problem. It doesn't cost anything to attend N.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drug abuse problem.



Other Important Helplines

Disaster Distress Helpline

Call [1-800-985-5990](tel:1-800-985-5990) to connect with a trained crisis counselor. SAMHSA's Disaster Distress Helpline provides year-round, multilingual crisis counseling and support to people experiencing emotional distress related to human-caused or natural disasters.

National Domestic Violence Hotline

Call [800-799-SAFE](tel:800-799-SAFE) (7233) or text START to [88788](tel:88788). Contact the National Domestic Violence Hotline numbers to receive confidential support for anyone experiencing domestic violence or seeking resources and information. Spanish and other languages available.

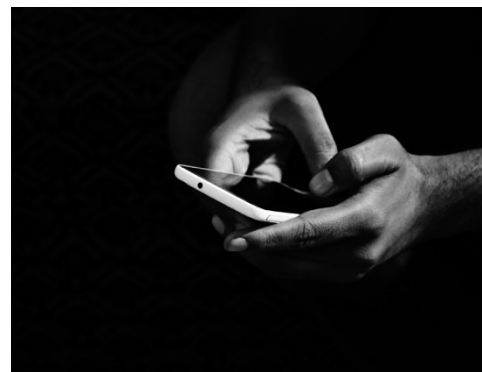
National Parent Hotline

Call [1-855-4A PARENT](tel:1-855-4A-PARENT) (1-855-427-2736). Sometimes parents feel overwhelmed or need someone to listen to them. This helpline offers parents and caregivers a listening ear, problem-solving help, and other resources.

National Sexual Assault Hotline

hotline.rainn.org/online

Call [800-656-HOPE](tel:800-656-HOPE) (4673). Crisis chat support is also available at the Online Hotline.





Psychology Today: Find a Therapist

psychologytoday.com/us/therapists

Visit their website to view listing of therapists by state and by specialty

- Including:
 - o special populations such LGBTQ and others
 - o by insurance accepted
 - o type of therapy
 - o online/teletherapy
 - o and more

