

National Crisis Resources



If you are experiencing a mental health emergency or need immediate support, please call 911 or go to your nearest emergency room. You can also reach out to the 988 Suicide & Crisis Lifeline by calling or texting 988. For text-based support, you can contact the Crisis Text Line by texting HOME to 741741. If you identify as Native or Indigenous, you can call or text 988 and press 4 to connect with the Native & Strong Lifeline, which offers culturally responsive support.

Crisis Lines:

Crisis Support (Call): The Suicide & Crisis Lifeline offers free, confidential support for anyone experiencing emotional distress, mental health concerns, or crisis. Call **988**
<https://988lifeline.org>

Crisis Support (Text): If calling feels difficult, you can connect with a trained crisis counselor by text for immediate support. Text **988** or **HOME to 741741**
<https://988lifeline.org>
<https://www.crisistextline.org>

Substance Use & Mental Health Support: The SAMHSA National Helpline provides confidential support and referrals for individuals facing mental health or substance use concerns. **1-800-662-4357**
<https://www.samhsa.gov/find-help/national-helpline>

LGBTQIA+ Support:

The Trevor Project: The Trevor Project provides confidential crisis support specifically for LGBTQIA+ young people, offering affirming and identity-informed care. **1-866-488-7386**
Text **678678**
<https://www.thetrevorproject.org>

LGBTQIA+ Support (All Ages): The LGBT National Hotline offers confidential peer support, information, and local resource referrals for LGBTQIA+ individuals. **1-888-843-4564**
<https://www.lgbthotline.org>

Domestic Violence Support:

The Hotline: The National Domestic Violence Hotline offers confidential support, safety planning, and connection to local shelters and resources. **1-800-799-7233**
Text **START** to **88788**
<https://www.thehotline.org>

Resource Line:

211 Resource Line: 211 connects you with local resources for basic needs such as housing, food, financial assistance, and healthcare services. Dial **211**
<https://www.211.org>

Accessibility Support:

Accessibility Support: For those who prefer or require alternatives to phone-based support, crisis services are available via text and videophone, including ASL-accessible options through 988 and text-based support through Crisis Text Line.
<https://988lifeline.org>
<https://www.crisistextline.org>

Culturally Responsive BIPOC Supports

BIPOC Support: BlackLine offers culturally affirming peer support and crisis connection for Black, Brown, and Indigenous individuals. **1-800-604-5841**
<https://www.callblackline.com>

Native & Indigenous Support: The StrongHearts Native Helpline provides confidential support and advocacy for Native and Indigenous individuals experiencing domestic or interpersonal violence. **1-844-762-8483**
<https://strongheartshelpline.org>

Veterans Support:

Veterans Crisis Line: The Veterans Crisis Line offers confidential support from counselors who understand military and veteran experiences. Dial **988**, then press **1** or text **838255**
<https://www.veteranscrisisline.net>