

## **SUPPORT & CRISIS HOTLINES**

**Crisis Text Line:** Text NAMI to 741-741

*Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.*

**National Domestic Violence Hotline:** 1-800-799-7233 (English & Spanish)

*Highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.*

**National Sexual Assault Hotline:** 1-800-656-4673 (English & Spanish)

*Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area. When you call 800.656.HOPE (4673), you'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number.*

**National Suicide Prevention Lifeline:** 1-800-273-8255 (English) or 1-888-628-9454 (Spanish)

*The Lifeline 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.*

**SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline:** 1-800-662-HELP (4357) (English & Spanish)

*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. The hotline is run by the US Department of Health & Human Services.*

**Trevor Line:** 1-866-488-7386

*Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.*

**NAMI (National Alliance on Mental Illness) HelpLine:** 1-800-950-NAMI (6264)

*The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. \*Note that this resource is only available Monday through Friday, 10 am–6 pm, ET.*