

24/7 CRISIS HELPLINES

National hotlines with call, text and chatline options in English and español, and options for people who are hard of hearing or deaf. All calls are free and confidential.

National Disaster Distress Helpline: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

800-985-5990; press 2 for español. Text TalkWithUs to 66746.

For anyone experiencing distress or mental health concerns during the COVID-19 outbreak.

National Suicide Prevention Helpline and Lifeline Chat: <https://suicidepreventionlifeline.org/talk-to-someone-now>

800-273-8255 (English)

888-628-9454 (español)

800-799-4889 (Options for individuals who are deaf or hard of hearing)

For anyone thinking about suicide, worried about a friend or loved one or wanting emotional support.

National Veterans Crisis Line: <https://www.veteranscrisisline.net/>

800-273-TALK (8255), press 1. Options for online chat and text.

For veterans and their family and friends to talk to qualified Department of Veterans Affairs responders, many of them veterans.

National Domestic Violence Hotline and Resources: <https://www.thehotline.org/help/>

800-799-SAFE (7233)

TTY 800-787-3224 for individuals who are deaf or hard of hearing. Advocates who are deaf are available 24/7 through the National Deaf Hotline by video phone at 855-812-1001.

24/7 live chat service offers same one-on-one service as on phone. El chat en español está disponible de mediodía a 6 p.m. hora central.

For anyone experiencing domestic violence or questioning unhealthy aspects of their relationship, and for family and friends concerned about a loved one. Staffed by trained expert advocates.

Childhelp National Child Abuse Hotline: <https://www.childhelp.org/childhelp-hotline/>

800-4-A-CHILD or 800-422-4453 (option to call, text, or chat online)

For any child being hurt, anyone who knows someone who might be being hurt, and anyone afraid they might hurt another. Staffed by professional counselors.

Trevor Lifeline (LGBTQ Young People): <https://www.thetrevorproject.org/get-help-now/>

866-488-7386. Text START to 678678.

Crisis intervention and suicide prevention helpline for LGBTQ young people.

