

Mental Health Crisis Hotlines: A Guide

HELPLINES, TEXT LINES, AND ONLINE CHATS

**IF YOU ARE IN IMMEDIATE DANGER, OR IF SOMEONE YOU KNOW IS IN IMMEDIATE DANGER,
PLEASE CALL 911 FOR HELP.**

These services are free for anyone to use and a great place to start if you're not sure of your treatment options. They can be particularly helpful to those without insurance and/or those who could benefit from sliding scale (income-based) treatment fees.

NATIONAL SUICIDE PREVENTION LIFELINE

— suicidepreventionlifeline.org/

For anyone experiencing a mental health crisis.

AVAILABILITY: 24/7/365

PHONE NUMBER(S):

Primary line: 1-800-273-8255

Ayuda en Español: 1-888-628-9454

Video relay service: 800-273-8255

TTY: 800-799-4889

Voice/Caption Phone: 800-273-8255

ONLINE CHAT: suicidepreventionlifeline.org/chat/

211 HOTLINE — 211.org

For anyone experiencing a mental health crisis, mental health or substance use issues, or abuse and/or who needs help finding supplemental food programs, shelter/housing, utilities assistance, disaster relief, employment and education opportunities, affordable healthcare (including sliding scale services), or other social services.

AVAILABILITY: 24/7/365

PHONE NUMBER: 2-1-1 (180+ languages)

ONLINE CHAT: Varies by location (*check website*)

THE TREVOR PROJECT SUPPORT CENTER —

thetrevorproject.org/

For LGBTQ youth experiencing a mental health crisis.

AVAILABILITY: 24/7/365

PHONE NUMBER: 1-866-488-7386

TEXT NUMBER: Text START to 678678

ONLINE CHAT: thetrevorproject.org/get-help-now/

CRISIS TEXT LINE — crisistextline.org

For anyone experiencing a mental health crisis.

AVAILABILITY: 24/7/365

TEXT NUMBER(S):

US & Canada: Text HOME to 741741

UK: Text 85258

Ireland: Text 086 1800 280

VETERANS CRISIS LINE — veteranscrisisline.net/

For veterans and service members experiencing a mental health crisis.

AVAILABILITY: 24/7/365

PHONE NUMBER(S):

Primary line: 1-800-273-8255 (press 1)

Support for deaf, hard of hearing: 1-800-799-4889

TEXT NUMBER: Text 838255

ONLINE CHAT: veteranscrisisline.net/get-help/chat



TRANS LIFELINE — translifeline.org/hotline

For trans and questioning people to be supported by trans people during a crisis or when they just need someone to talk to.

AVAILABILITY: 24/7/365

PHONE NUMBER(S):

USA: 877-565-8860

CANADA: 877-330-6366

YOUTHLINE — oregonyouthline.org

For young people dealing with relationship/family issues, depression, stress/anxiety, suicidal thoughts, self-harm, issues around sexual identity, abuse, bullying, and eating disorders.

AVAILABILITY: 24/7/365

PHONE NUMBER: 877-968-8491

TEXT NUMBER: Text **teen2teen** to 839863

EMAIL: Teen2Teen@LinesforLife.org

