

Hotlines/Resources

National Suicide Prevention Lifeline: 800-273-talk (8255) <https://suicidepreventionlifeline.org/>

National Sexual Assault Hotline: 800-656-HOPE (4673)

<https://www.rainn.org/>

National Domestic Abuse Hotline: 800-799-7233 <https://www.thehotline.org/>

National Alliance on Mental Illness (NAMI) Helpline: 800-950-6264

<https://www.nami.org/help>

The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564

<https://pflag.org/hotlines>

The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743

<https://pflag.org/hotlines>

Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

Trans Lifeline: (877) 565-8860 <https://pflag.org/hotlines>

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Substance Abuse and Mental Health Services Administration Helpline:

800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>

Crisis Text Hotline: Text *CONNECT* to 741741 You will be connected to a trained counselor for individualized support

List of National Hotlines: <https://victimconnect.org/resources/national-hotlines/>