

## **CRISIS HOTLINES AND SUPPORT SERVICES**

### **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. 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.

<https://suicidepreventionlifeline.org/>

Call 1-800-273-8255 (For U.S.)

### **Crisis Text Line**

Text from anywhere in the US or Canada to text with a trained Crisis Counselor.

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

Text "HOME" to 741741

### **Trevor Project**

Leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth. Trained counselors are available to offer support 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now.

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

1-866-488-7386 (TrevorLifeline)

Text START to 678678 (TrevorText)

[TrevorChat online instant messaging](#)

### **Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)**

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. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

<https://www.samhsa.gov/find-help/national-helpline>

Call 1-800-662-HELP (4357)

### **CHILDHELP National Child Abuse Hotline**

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who — through interpreters — provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls, texts and chats are confidential.

<http://www.childhelp.org/hotline>

Call 1-800-422-4453

### **[The National Eating Disorders Association Helpline \(NEDA\)](#)**

Contact the Helpline for support, resources, and treatment options for yourself or a loved one. Helpline volunteers are trained to help you find the information and support you are looking for. Check the webpage for hours.

<https://www.nationaleatingdisorders.org>

Call/Text 1-800-931-2237

[Online Instant Messaging](#)

### **[National Sexual Assault Hotline \(RAINN\)](#)**

24/7 to help those affected by sexual violence. Provides confidential support with trained RAINN support specialists.

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Call 800-656-HOPE (4673)

[Live Chat](#)

[Mobile App](#)

### **[National Teen Dating Abuse Line](#)**

24/7 helpline to answer questions about relationships and dating staffed by an advocate trained to offer education, support, and advocacy to those involved in dating abuse relationships as well as concerned friends, siblings, parents, teachers, law enforcement members, and service providers.

<https://www.loveisrespect.org>

Call 1-866-331-9474

Text LOVEIS to 22522

[Live Chat](#)

### **[Resources for Canadians](#)**

This page provides links for a variety of resources available to Canadians.

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

### [HereNow app](#)

The HereNow app allows teens to:

- Ask questions about mental health and get REAL, personalized answers from professionals and other teens.
- Share articles, videos, and art that inspire you and help you build resilience, or you think others need to see.
- Read articles and content written by teens about tons of topics — including failure, test anxiety, and depression.
- Connect to mental health and wellness events for teens in their communities.

You can find the HereNow app on Google Play and the App Store.

### [The Jed Foundation Mental Health Resource Center](#)

Expert information and resources to help teens and young adults navigate life's challenges

<https://www.jedfoundation.org/mental-health-resource-center/>