

National Hotlines & Textlines

911 Emergency

988 National Suicide Prevention Lifeline

1 (800) 656-4673 National Sexual Assault Hotline

+1 (800) 784-2433 National Hopeline Network - links callers to nearest crisis center

+1 (800) 366-8288 S.A.F.E. Alternatives for Stopping Self-Harm

+1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line

+1 (800) 931-2237 National Eating Disorder Association

+1 (866) 488-7386 Trevor Crisis Hotline - confidential suicide hotline for LGBTQ youth

+1 (800) 799-7233 National Domestic Violence Hotline

+1 (800) 996-6228 Family Violence Helpline

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 222-1222 American Association of Poison Control Centers

1-800-799-7233 (SAFE) National Domestic Violence Hotline

1-800-RUNAWAY National Runaway Safeline

741741 Crisis Text Line

+1 (877) 565-8860 Trans Lifeline - crisis hotline run by trans folks for trans and questioning callers

If you are experiencing a life threatening emergency, call 911 or go to your closest emergency room.