

BE RESOURCE READY

NATIONAL SUICIDE PREVENTION LIFELINE

800-273-8255 (24/7)

[Online chat](#) (24/7)

CRISIS TEXT LINE

[The Crisis Text Line](#) is a free text messaging resource offering 24/7 support to anyone in crisis.

Text HOME to 741741 (24/7)

TREVOR PROJECT

The Trevor Project offers crisis intervention and suicide prevention to LGBTQ youth.

866-488-7386 (24/7)

Text START to 678678.

TrevorCHAT ([instant messaging](#))

SAMSHA'S NATIONAL HOTLINE

The [SAMHSA national helpline](#) offers confidential treatment referrals in both English and Spanish to people struggling with substance use disorders and/or mental health conditions.

800-662-HELP (4357) (24/7)

TTY: 800-487-4889 (24/7)

SEXUAL ASSAULT HOTLINE

800-656-4673 (24/7)

DOMESTIC VIOLENCE HOTLINE

800-799-7233 (24/7)

CHECK FOR STATE AND LOCAL RESOURCES TOO!

VISIT OUR [WEBSITE](#) FOR MORE TOOLS & RESOURCES

