

Mental Health Hotlines

Crisis hotlines are not just for people who are feeling suicidal. They are set up to help anyone struggling with personal issues.

- Feeling lonely
- Struggling with the demands of living with a chronic condition
- Feeling overwhelmed
- Engaging in self-harm behavior
- Recovering from abuse

Crisis Text Line

crisistextline.org

Text HOME to 741741

JED Foundation (Teens, Young Adults)

jedfoundation.org

800-233-TALK

Text START to 741741

National Domestic Violence Hotline

Thehotline.org

800-799-SAFE

National Suicide Prevention Lifeline

Suicidepreventionlifeline.org

800-273-TALK

Trevor Lifeline (LGBTQ)

Thetrevorproject.org

866-488-7386

Veterans Crisis Line

VeteransCrisisLine.net

800-273-TALK (8255) Press 1 To chat

Text 83825

