

National Suicide Prevention Hotlines



The National Suicide Prevention Lifeline

Toll-free/24 hour/7 days a week

Confidential suicide prevention hotline for anyone that is in suicidal crisis or emotional distress.

Call in English:

1-800-273-TALK (8255)

Ayuda en Español:

1-888-628-9454

**Veterans
Crisis Line**



The Veterans Crisis Line

Toll-free/24 hour/7 days a week

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even to those not registered with VA or enrolled in VA health care.

Call:

1-800-273-TALK (8255),
then press 1

Text:

838-255



Crisis Text Line

Free to Sprint, AT&T, Verizon, & T-Mobile customers/24 hour/7 days a week

Crisis Text Line serves anyone, in any type of crisis, providing support and information.

Text:

HELLO to 741-741

Send a Facebook message:

<https://facebook.com/crisistextline>



Trans Lifeline

Toll-Free/ See website for live hours

Trans Lifeline's Hotline is a peer support service run by transgender people, for transgender and questioning callers in crisis or distress.

Call:

877-565-8860

Visit:

<https://www.translifeline.org/hotline>

TREVOR Lifeline
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org

Trevor Lifeline

Toll-Free/24 hour/7 days a week

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25.

Call:

1-866-488-7386

Text*:

Text "START" to 678678

*see website for hours