

National Crisis Resources

<u>National Suicide Prevention Lifeline</u>	<p>This national hotline is a 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.</p>	<p>1-800-273-TALK 1-800-273-8255</p>
<u>Crisis Text Line</u>	<p>Individuals can text HOME to 741741 from anywhere in the United States, anytime. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.</p>	<p>US and Canada: Text HOME to 741741</p>
<u>National Sexual Assault Hotline</u>	<p>A free, confidential 24/7 hotline run by RAINN (Rape, Abuse & Incest National Network), the nation's largest anti-sexual violence organization.</p>	<p>1-800-656-HOPE 1-800-656-4673</p>
<u>National Helpline</u>	<p>SAMHSA's National Helpline is 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.</p>	<p>1-800-622-HELP 1-800-622-4357</p>
<u>Disaster Distress Helpline</u>	<p>The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.</p>	<p>1-800-985-5990</p>
<u>The Trevor Project</u>	<p>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people.</p>	<p>1-866-488-7386</p>
<u>Veterans Crisis Line</u>	<p>The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.</p>	<p>1-800-273-8255</p>
<u>Covenant House Nineline</u>	<p>A free, confidential, and bilingual crisis hotline for youth and parents. Shelter, referrals, information, crisis intervention and health clinic. Referrals throughout the U.S.</p>	<p>1-800-999-9999</p>
<u>National Eating Disorders Association Helpline</u>	<p>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.</p>	<p>1-800-931-2237</p>