

Mental Health Resources

Suicide & Crisis Hotline

988

NAMI HelpLine

1-800-950-NAMI (6264)

The NAMI HelpLine can be reached Monday through Friday, 10 a.m.–10 p.m., ET.

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Teen Line

800-852-8336

Teen Line is an anonymous, nonjudgmental space for youth. Through our hotline, teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals.

TrevorLifeline

For LGBTQ Youth

1-866-488-7386

LGBT National Hotline

1-888-843-4564

M - F, 4pm to 12am, ET

Sat, 12pm to 5pm, ET

Trans Lifeline

1-877-565-8860

5pm ET / 2pm PT - 1am ET / 10pm PT

7 days a week

CRISIS AND SUICIDE

Girls & Boys Town National Hotline

(800) 448-3000

National Hopeline Network

(800) SUICIDE

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

National Youth Crisis Hotline

(800) 442-HOPE (4673)

DOMESTIC VIOLENCE

National Domestic Violence Hotline

(800) 799-7233

National US Child Abuse Hotline

(800) 422-4453