

Are You Struggling? There is Help Available

If you're stressed or struggling right now, you are absolutely not alone. And there are people available to help. Use these nation-wide services

For Immediate Help

For immediate
suicide and crisis lifeline
assistance.

Call 988

If you or someone you
know is in immediate
danger

Call 911

MORE SPECIALIZED HELP & HOTLINES TO CALL

Suicide & Self Harm

Crisis Text Line

Text "Home" to 741741

Self Injury Foundation

Call 1-800-334-4357

Veterans Crisis Line

Call 1-800-273-8255,
Text 838255

Family & Relationships

Family Violence Hotline

Call 1-800-996-6228,
Text "START" to 88788

National Domestic Violence Hotline

Call 1-800-799-SAFE (7233)

National Sexual Assault Hotline

Call 1-800-656-HOPE (4673)

National Runaway Safeline

Call 1-800-RUNAWAY
(786-2929)

Child Abuse Hotline

Call or Text 1-800-4-A-CHILD
(422-4453)

Drugs and Alcohol

Substance Abuse and Mental Health Services Administration

Call 1-800-662-HELP (4357)

National Council on Alcoholism and Drug Dependence

Call 1-800-NCA-CALL (622-2255)

National Drug Helpline

Call 1-844-289-0879

Poison Control

Call 1-800-222-1222

LGBTQIA+

The Lesbian, Gay, Bisexual and Transgender National Hotline

Call 1-888-843-4564

National Youth Talkline

Call 1-800-246-PRIDE (7743)

The Trans Lifeline

Call 1-877-565-8860