

Personal Help Hotlines

National Suicide Prevention Lifeline

1.800.273.8255 (TALK)

We can all help prevent suicide. The Lifeline provides 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.

Crisis Text Line

Text HOME to 741741

Text from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Veterans Crisis Line

1.800.273.8255

Text 838255

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.

Substance Abuse and Mental Health Service Administration (SAMHSA) Disaster Distress Helpline

1.800.985.5990

Text TalkWithUs to 66746

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. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories

National Alliance on Mental Illness

1.800.950.6264; Text NAMI to 741741

Text NAMI to 741741 NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.