

ADULT MENTAL HEALTH & CRISIS HELPLINES

CALL OR TEXT 24/7



CRISIS TEXTLINE Text HOME to 741-741

www.crisistextline.org

**NATIONAL
SUICIDE
PREVENTION
HOTLINE**

800-273-8255 for English

888-628-9454 para español

[www.suicidepreventionhotline.org/
talk-to-someone-now](http://www.suicidepreventionhotline.org/talk-to-someone-now)

**TREVOR
LIFELINE**

Text START to 678-678

Call 866-488-7386

www.thetrevorproject.org/get-help-now
for LGBTQ+ youth

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DOMESTIC VIOLENCE HOTLINE

Call 800-799-7233

TTY 800-787-3224

www.thehotline.org/get-help/

VETERANS CRISIS LINE

Call 800-273-8255, press 1

Text 838255

www.veteranscrisisline.net/get-help/chat

NATIONAL EATING DISORDER ASSOCIATION

Call 800-981-2237 (limited hours)

Text NEDA to 741-741 (for 24/7 support)

www.mymeda.org