ADULT MENTAL HEALTH & CRISIS HELPLINES

CALL OR TEXT 24/7

All of these numbers are confidiential helplines, not reporting lines. You will not be required to give your name or any identifying information.

CRISIS TEXTLINE
Text HOME to 741-741
www.crisistextline.org

NATIONAL SUICIDE PREVENTION HOTLINE
Call 800-273-8255 for English
Llame al 888-628-9454 para español
Call 800-799-4889 for deaf/hard of hearing assistance
www.suicidepreventionhotline.org/talk-to-someone-now

TREVOR LIFELINE
Text START to 678-678 | Call 866-488-7386
www.thetrevorproject.org/get-help-now
Crisis intervention and suicide prevention for LGBTQ youth

NATIONAL DOMESTIC VIOLENCE HOTLINE
Call 800-799-7233
TTY 800-787-3224
www.thehotline.org/get-help/ (Chat Live)

VETERANS CRISIS LINE
Call 800-273-8255, press 1
Text 838255
www.veteranscrisisline.net/get-help/chat (Chat Live)

SEXUAL ASSAULT HOTLINE
Call 800-656-4673
www.hotline.rainn.org (Chat Live)

NATIONAL EATING DISORDERS ASSOCIATION
Call 800-981-2237 (limited hours)
Text NEDA to 741-741 (for 24/7 support)
www.mymeda.org

MISSION PRESBYTERY
BETTER TOGETHER