

YOUTH 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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**TEEN DATING
ABUSE HOTLINE**

Text LOVEIS to 22522
Call 866-331-9474
www.loveisrespect.org

**TEXAS
RUNAWAY
HELPLINE**

Call or text 800-989-6884
www.texasrunaway.org

**NATIONAL CHILD
ABUSE HOTLINE**

Call or text 800-422-4453
www.childhelp.org/
childhelp-hotline