Mental Health Hotlines

**Crisis Text Line**
crisistextline.org
Text HOME to 741741

**JED Foundation (Teens, Young Adults)**
jedfoundation.org
Text START to 741741
800-233-TALK

**National Domestic Violence Hotline**
thehotline.org
800-799-SAFE

**National Suicide Prevention Lifeline**
suicidepreventionlifeline.org
800-273-TALK

**Trevor Lifeline (LGBTQ)**
thetrevorproject.org
866-488-7386

**Veterans Crisis Line**
VeteransCrisisLine.net
800-273-TALK (8255) Press 1
To chat, Text 83825

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Crisis hotlines are not just for people who are feeling suicidal. They are set up to help anyone struggling with personal issues. There are a number of reasons to reach out:

- Feeling lonely
- Struggling with the demands of living with a chronic condition
- Feeling overwhelmed
- Engaging in self-harm behavior
- Recovering from abuse
- Wanting to talk to someone about your sexual orientation or identity
- Feeling hopeless or helpless

**It’s OK To Not Be OK**

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