

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

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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