

# 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**



## Contact Information

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