

# Telephone Support and Hotlines

## **Crisis Text Line**

Crisis Text Line is a crisis-intervention hotline that conducts conversations exclusively by text message. Trained crisis counselors are available 24 hours a day.

## **CrisisNOW**

CrisisNOW provides a roadmap to safe, effective crisis care. Their goal is to keep people out of emergency rooms or jails by providing targeted services for people in distress.

## **Dial 2-1-1**

2-1-1 providers connect people with local services and resources. This web page lists specific resources for the COVID-19 pandemic.

## **Direct Online and Phone Support Services for LGBTQ Youth**

This web page provides online and phone support services for LGBTQ youth and their caregivers.

## **Disaster Distress Helpline**

SAMHSA's Disaster Distress Helpline provides 24/7 crisis counseling to people experiencing emotional distress related to natural or human-caused disasters

## **Mental Health - Warm Lines**

Warmlines are confidential, peer-run listening lines staffed by people who have experienced mental health conditions themselves.

## **National Domestic Violence Hotline**

Staying at home during the COVID-19 crisis may not be the safest option for intimate partner violence survivors. This web page provides suggestions to make survivors feel safer during this uncertain time.

## **National Human Trafficking Hotline**

The National Human Trafficking Hotline connects survivors of sex and labor trafficking with services and supports to get help and stay safe.

## **National Human Trafficking Hotline Flyer**

Download the National Human Trafficking Hotline flyer (available in multiple languages) or add the National Hotline widget to your website or blog.

## **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline provides 24/7 support for people in suicidal crisis or emotional distress.

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## **Online/Phone Meeting Resources for Substance Use Disorder**

The Washington Area Intergroup Association provides a list of resources for online and phone Alcoholics Anonymous meetings.

## **SAMHSA's National Helpline**

SAMHSA's National Helpline is a free, confidential, 24/7 treatment referral and information service for individuals and families facing mental or substance use disorders. This service is available in English and Spanish.

## **The National Sexual Assault Telephone Hotline**

The National Sexual Assault Telephone Hotline is a confidential service that connects callers with local sexual assault service providers.

## **The Partnership for Drug-Free Kids Helpline**

Learn about support programs for individuals and families struggling with substance use and addiction during the COVID-19 crisis.

## **Trans Lifeline**

The Trans Lifeline's Hotline is a peer-support service for trans and questioning individuals in crisis. All operators are trans-identified.

## **TrevorChat**

A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily from 3–10pm ET / Noon–7pm PT.

## **Trevor Lifeline**

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25, available at 1-866-488-7386.

## **TrevorText**

A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available Monday–Friday from 3–10pm ET / Noon–7pm PT by texting START to 678678.

## **ULifeline**

ULifeline is an anonymous, confidential, online resource center that provides college students with information about emotional health.