

HURTING? WORRIED ABOUT A FRIEND?



CALL

Suicide/Crisis

1-800-273-TALK (8255)
1-800-SUICIDE (784-2433)
Trevor Hotline LGBT
1-866-4-U-TREVOR (488-7386)
Trans Lifeline 877-565-8860

Local Crisis/Referral

2-1-1
800-932-4616

Abuse/Assault

Child Abuse Hotline
1-800-4-A-CHILD
(422-4453)
Sexual Assault Hotline
800.656.HOPE (4673)
Domestic Violence Hotline
1-800-799-7233

TEXT

Crisis Text Line

741-741

Local Referral

Txt zip code to
898211

Teen Line

839-863



CHAT

Crisis Chat

suicidepreventionlifeline.org
contact-usa.org/chat
ImAlive.org

Online Listening

7cups.com
iprevail.com
freeonlinetherapy.org
blatherapy.com

