

National Suicide Prevention Lifelines

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.




Disaster Distress Helpline

a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster



Substance Abuse and Mental Health Services Administration
SAMHSA
1 Choke Cherry Road • Rockville, MD 20857
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)



Disaster Distress Helpline

PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

Línea de Ayuda

Para Los Afectados Por Catástrofes

TELÉFONO: 1-800-985-5990 MENSAJE SMS: "Hablanos" al 66746



8 WARNING SIGNS OF DISASTER DISTRESS

If you find yourself or a loved one experiencing some of the feelings and reactions listed below for 2 weeks or longer, you can always #TalkWithUs at 1-800-985-5990. We want to help you through.

1. Crying spells or bursts of anger
2. Difficulty eating
3. Difficulty sleeping
4. Losing interest in things
5. Increased physical symptoms, such as headaches or stomachaches
6. Fatigue
7. Feeling guilty, helpless or hopeless
8. Avoiding family and friends



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Crisis Text Line

Free 24/7 support for those in crisis. Text from anywhere in the US to text with a trained Crisis Counselor.



In crisis?

Text **HELLO** to
741741 and speak
anonymously with a
Crisis Counselor.

CRISIS TEXT LINE |

Free, 24/7 support for people in crisis.

WarmLines

Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis. The lines are free, confidential peer-support services.

Need Someone to Talk To?

If it's not a Crisis,
Call a WarmLine.



www.WarmLine.org



LGBTQI+ Suicide Prevention Lifelines

Free 24/7 support for those who are LGBTQI+.

Text or call from anywhere in the US to text with a trained Crisis Counselor.

GET HELP 24/7:



THE TREVOR PROJECT
Saving Young LGBTQ Lives

*The first U.S. transgender suicide hotline
is up and running! Spread the word for
someone who needs it:*

Trans Lifeline
1-877-565-8860





HOW WE HELP



ABOUT



DONATE

HELP STARTS HERE

211 is a vital service that connects millions of people to help every year. To get expert, caring help, simply call 211 today or search for your local 211 below.

FIND YOUR
LOCAL 211

ZIP CODE

OR

CITY

AND

STATE



SEARCH

Not sure where to turn? We are here for you.

COVID-19 (CORONAVIRUS) PANDEMIC

CRISIS AND

Online/Mobile Applications

- ☐ MY3
- ☐ Virtual Hope Box
- ☐ notOK
- ☐ A Friend Ask
- ☐ The PTSD Coach
- ☐ Calm
- ☐ Calm Harm
- ☐ WellTrack
- ☐ Headspace