

Crisis Lines

The **National Suicide Prevention Lifeline** (<http://suicidepreventionlifeline.org/>) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

- The National Suicide Prevention Lifeline can be reached at **1-800-273-8255**.
- The National Suicide Prevention Lifeline (ESP) can be reached at **1-888-628-9454**
- The National Suicide Prevention Lifeline (Deaf & Hard of Hearing Options) can be reached at **1-800-799-4889**


The **Veterans Crisis Line** (<https://www.veteranscrisisline.net/>) is a 24-hour, toll-free hotline that provides phone, webchat, and text options available to military veterans and their families. It provides options for deaf and hard of hearing individuals.

- The Veterans Crisis Line can be reached at **1-800-273-8255, Press 1**.

The **Crisis Text Line** (crisistextline.org) is the only 24/7, nationwide crisis-intervention text-message hotline.^[16]

- The Crisis Text Line can be reached by texting **HOME** to **741-741**.

Samaritans USA (<http://www.samaritansusa.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United States.

 **The Trevor Project** (<http://www.thetrevorproject.org/>) is a nationwide organization that provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.

- The TrevorLifeline can be reached at **1-866-488-7386**.
- TrevorChat can be found at **<https://www.thetrevorproject.org/get-help-now/>** (available 7 days a week from 3PM to 10PM ET).
- TrevorText can be reached by texting **TREVOR** to **1-202-304-1200** (available M-F from 3PM to 10PM ET).

The Trans Lifeline (<https://www.translifeline.org/>) is a nonprofit organization that is created by and for the transgender community, providing crisis intervention hotlines, staffed by transgender individuals, available in the United States and Canada. The Trans Lifeline can be reached at **1-877-565-8860**.

Sage LGBT Elder Hotline has peer support and local resources for older adults at **1-888-234-7243**. Monday thru Friday from 1pm to 9pm, *pacific time* (Monday thru Friday from 4pm to midnight, *eastern time*). Saturday from 9am to 2pm, *pacific time* (Saturday from noon to 5pm, *eastern time*).

National Runaway Safeline 1-800-RUNAWAY (786-2929) is the federally-designated national communication system for runaway and homeless youth. Youth and family members can seek help to work through problems and find local help from social service agencies and organizations. Some individuals just need someone to talk to, others need help finding a shelter, food, medical assistance, or counseling.