

- For students of color, [The Steve Fund and Crisis Text Line](#) provides 24/7, free and confidential support for mental health and wellbeing. Text STEVE to 741741.
- For the LGBTQ community, [The Trevor Project](#) provides 24/7 counseling for crisis intervention and suicide prevention. Call 866-488-7386, text START to 678678 or message a counselor online [here](#).
- The Substance Abuse and Mental Health Services Administration Disaster Distress Helpline provides 24/7 crisis counseling and support to individuals experiencing emotional distress related to natural or human-caused disasters. Call 800-985-5990 or text TalkWithUs to 66746.
- The National Suicide Prevention Lifeline provides 24/7, free and confidential support for individuals in distress. Call 800-273-8255 or chat [here](#).
- A list of international suicide hotlines are available [here](#).