



People to talk with when you're going through a difficult time

Call **988** if you are concerned about you or someone you know's mental health safety

Teen Link

Call or text 1-866-TeenLink (833-6546)

Hours: Evenings 2-10PM Weekends: 6-10 PM

This is a confidential and anonymous help line for teens. Trained teen volunteers are available to talk with you about any issues that you're worried about, including questions about drug and alcohol use.

24-hour Crisis Link

1-866-4crisis (427-4747)

Provides immediate help for you or someone else you care about in emotional crisis. They will help you determine if you or your loved one needs professional support and link you to appropriate help.

Crisis Text Line

Text 741741 hit send

Text the Crisis Text Line 24/7 to get support during hard times.

Trevor Lifeline for LGBTQ youth

1-866-331-9474

TrevorText: Text START to 678-678

TrevorChat: <https://tinyurl.com/y2olqzl2>

If you are LGBTQ, this confidential phone line is 24/7 if you want support or have suicidal thoughts.

Trans Lifeline

877-565-8860

Trans Lifeline's is a peer support phone service run by trans people for trans and questioning peers.

BlackLine

1-800-604-5841

BlackLine provides hope and promotes social justice for individuals, families and communities through immediate crisis counseling and collecting information on negative police encounters.

Love is Respect.org:

Crisis line phone numbers: 1-866-331-9474, 1-866-331-8453 (TTY)

You can also send "love is" to 22522 to chat via text

Love is Respect helps you identify and prevent abusive relationships.

SAMHSA's National Helpline

1-800-662-4357, English and Spanish

A confidential 24/7 phone line if you or your family are needing mental health or drug/alcohol help.

We care about you!

[Click to visit the Highline Calming Room for some great feel-good stuff!](#)