

RESOURCES

National Hotlines and Crisis Support

- National Suicide Prevention Lifeline: Call or Text 988. Also available in Spanish.
- National Alliance on Mental Health: Call 1-800-950-6264 or Text NAMI to 741741
- Crisis Text Line: Text HOME to 741741
- LGBT National Hotline: 1-888-843-4564
- The Trevor Lifeline: 1-800-565-8860. Also available in Spanish.
- Trans Lifeline: 1-888-843-4564
- BIPOC Blackline: Call or Text 1-800-604-5841
- National DV Hotline: Call 1-800-799-7233 or Text LOVEIS to 22522
- National Sexual Assault Hotline: 1-800-656-4673
- National Child Abuse Hotline: Call or Text 1-800-422-4453
- The Eldercare Locator: 1-800-677-1116

**SCAN HERE
FOR MORE
RESOURCES**

