

Crisis Support

It's okay to seek help, no matter what you're experiencing.
Here are resources to get the support you need now.

Get immediate help

Emergency services

Call 911 if you or anyone you know are in immediate danger

Call 911

Crisis support line

Available 24/7 for immediate support

* *Se habla español*

Call (833) 380-9501



If you or someone you know is experiencing a medical emergency, please call 911 or visit the nearest emergency room.

Remember — help is available.
Seeking help is a sign of strength and courage.

More resources

National Helpline for Substance Abuse

Confidential help 24/7 for substance use concerns

* *Se habla español*

Call (800) 662-4357

National Domestic Violence Hotline

24/7 access to resources and support for survivors of domestic violence

* *Se habla español*

Call (800) 799-7233

National Sexual Assault Hotline

Offers confidential, 24/7 support for survivors

* *Se habla español*

Call (800) 656-4673

Veterans Crisis Line

Immediate support for veterans and their loved ones in crisis (no need to be enrolled in VA benefits)

* *Se habla español*

Call 988 and press 1

Text 838255

