



EMERGENCY RESOURCES AND SUPPORT SERVICES

Crisis Hotlines

988 Suicide and Crisis Hotlines

(formerly the National Suicide Prevention Lifeline)

Free and confidential 24/7 support to people in emotional distress.

Also supports family and friends concerned about a loved one.

In rare cases the crisis counselor may alert local police without the caller's consent to assess safety. Calls may be recorded.

Dial 988 or 1-800-273-TALK (8255)

Chat support online available online: <https://988lifeline.org>

BlackLine

Anonymous and confidential crisis counseling geared towards BIPOC and the LGBTQ+Black femme community. Does not trace information or send intervention without the expressed consent of the caller.

1-800-604-5841

Text support available 24/7

<https://www.callblackline.com/>

Crisis Text Line

Free support via text message 24/7 to those in crisis situations. Crisis counselors may contact emergency services if they deem it necessary for safety.

Important Please read [this article](#) before using the Crisis Text Line

Text HOME to 741741 for support

<https://www.crisistextline.org>

IMAlive

Online crisis chat and suicide prevention

<https://www.imalive.org>

National Runaway Safeline

24/7 confidential support for runaway youth or youth considering running away. The safeline does not track phone numbers or IP addresses

Call 1-800-RUNAWAY (786-2929)

Chat support online: <https://www.1800runaway.org/>

The Trevor Project

24/7 support, crisis intervention, and suicide prevention for young people LGBTQ+. Emergency services may be contacted in crisis scenarios.

1-866-488-7386.

TrevorChat text START to 678-678

Chat support online: <https://www.thetrevorproject.org/get-help-now/>

Trans Lifeline

Peer support and crisis hotline for trans people by trans people. Trans Lifeline does not engage in non-consensual active rescue. This means they will not contact emergency services without the caller's consent.

1-877-565-8860

<https://translifeline.org/>

Abuse Hotlines

A Call for Change Helpline

This confidential helpline is for people who want to stop using control and abuse in their intimate relationships. The helpline can also be used by family members and abuse victims.

Open 365 days a year from 10 AM to 10 PM EST

1-877-898-3411

<https://acallforchangehelpline.org/>

ChildHelp National Child Abuse Hotline

24/7 support for child abuse and/or suspected child abuse

Call or text 1-800-422-4-A-CHILD (4453)

Live chat available on the website

<https://childhelphotline.org>

Darkness to Light

24/7 confidential support for concerns about child sexual abuse

Call 1-866-FOR-LIGHT (367-54448)

Text LIGHT to 741-741

<https://www.d2l.org>

National Sexual Assault Hotline

24/7 confidential support and crisis intervention

1-800-656-HOPE (4673)

Chat support online: <https://www.rainn.org>

Resources by State: <https://www.rainn.org/state-resources>

National Domestic Violence Hotline

24/7 confidential support and crisis intervention

1-800-799-SAFE (7233)

Text START to 887-88

<https://www.thehotline.org>

The Network/La Red

Survivor-led organization to end partner abuse within LGBTQ+, queer, polyamorous, and SM communities. Services in English and Spanish

1-800-832-1901

<http://www.tnlr.org/>

Stop It Now

Confidential support for adults with concerns about child sexual abuse.

Helpline hours listed on website

1-888-PREVENT (773-8368)

<https://www.stopitnow.org>

What's OK?

Youth helpline provides confidential resources and support for young people with questions/concerns about sexual behavior to prevent sexual harm. Hours listed on website

Call 1-888-PREVENT (733-8368)

Text WHATSOK to 1-888-532-0550

Email or chat support: <https://www.whatsok.org/ask>

International Crisis Support

Crisis Services Canada

Phone services available 24/7 in English or French
833-456-4566

Text START to 456-45 (available 4 PM to 12 AM ET)
<https://www.crisisservicescanada.ca/en/>

Lifeline Australia

Crisis support and suicide prevention
Phone support available 24/7 by calling 13 11 14
Text 0477 13 11 14 (available 12 PM to 2 AM AEDT)
<https://www.lifeline.org.au>

Substance Use Support

The Fireside Project Psychedelic Peer Support Line

Free and confidential peer support for people in the midst of psychedelic experiences. Affinity volunteers are available for BIPOC, transgender, or military veterans.

Daily from 11 AM to 11 PM PT

Call or text 62-FIRESIDE (623-473-7433)

<https://firesideproject.org/psychedelic-peer-support-line>

Never Use Alone

National Overdose Prevention Hotline. Volunteers stay on the line with the person using substances and contact emergency services in the event of a suspected drug overdose. There are additional hotlines in Spanish, the New England area, and New York

1-800-484-3731

<https://neverusealone.com/>

Mandy's Line

Support for people struggling with substance use. All volunteers have lived experience with substance use disorder and will listen and offer feedback when requested. Volunteers are not trained therapists and will not push a person into treatment without their consent

Call 1-800-943-0540

<https://neverusealone.com/mandys-line/>

SafeSpot

24/7 support for overdose prevention operated by people with lived experience of drug overdose. Volunteers stay on the line with the person using substances and contact emergency services in the event of a suspected drug overdose. This is not a recovery or treatment hotline

1-800-972-0590

<https://safe-spot.me/>

Additional Support

7 Cups

Free 24/7 online emotional support by volunteer listeners

<https://www.7cups.com>

Don't Call the Police

Community-based alternatives to calling 911

Directory of resources by city: <https://dontcallthepolice.com>

Mental Health America

National directory of mental health resources and support groups

<https://screening.mhanational.org/get-help/>

SAMHSA National Helpline

Free 24/7 treatment referral and information service for mental health and/or substance use disorders

1-800-622-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Subdial

Free app that provides alternatives to calling 911 for situations including mental health concerns, domestic disturbances, non-urgent crimes, homelessness, and more

Download and search by location: <https://subdial.app/>

Warmline

Free peer-run phone lines provide emotional support for non-crisis scenarios

Directory by State:

<https://screening.mhanational.org/content/need-talk-someone-warmlines/>

Additional Resources

Community Crisis Support

Includes a list of hotlines that avoid the police, crisis support guides, and peer support organizations

<https://translifeline.org/resource/community-crisis-support/>

Crisis Toolkit

Includes resources to navigate crisis including suicidality and psychosis

Resource Directory: <https://fireweedcollective.org/crisis-toolkit/>

Project LETS

Includes resources for crisis support, involuntary commitment, educational rights, and coping skills

Resource Directory: <https://projectlets.org/resources-1>

Personal Crisis Plan

Guide for developing a Wellness Recovery Action Plan (WRAP) to establish advanced directives for crisis scenarios

<https://mentalhealthrecovery.com/wp-content/uploads/2015/07/CrisisPlan2012Manual.pdf>

--

The information provided within newhavenrtcvoices.org is for general informational purposes only. All information is provided in good faith, however we do not warrant, endorse, guarantee, or assume responsibility for the accuracy or reliability of any information offered including information from third-party posters, testimonials, comments or submissions. Most information posted reflects the opinion of the writer and does not directly reflect the views, or positions of the owners of newhavenrtcvoices.org. Newhavenrtcvoices.org cannot and does not provide medical, mental health, or legal advice. The use or reliance of any information contained on this site is solely at your own risk. We encourage you to consult with the appropriate professionals before taking any further action.