

## Crisis Resources & Warmlines

\*many resources provided thanks to InclusiveTherapists.com\*

**Crisis lines & emergency response services** – Use these if you need immediate help or emergency services, and/or someone to talk to. They may send crisis responders and/or police without the caller's consent.

### 911

Most languages via translation service.

Call: 911

24/7

Provides in-person ambulance, fire, and/or police response.

### 988

English, Español

Call: 988

24/7

The National Suicide & Crisis Lifeline. Free, confidential crisis support for mental health or suicidal thoughts.

### 211 Helpline – Palm Beach & Treasure Coast

English, Spanish, kreyòl, additional languages available

Call: 211

24/7

“A community helpline and crisis hotline that provides suicide prevention, crisis intervention, information, assessment, and referral to community services for people of all ages. We proudly serve; Indian River County, Martin County, Okeechobee County, Palm Beach County, and St. Lucie County.”

### The Trevor Project

English, Español at [thetrevorproject.mx](https://thetrevorproject.mx)

Call: 866-488-7386

Text: ‘START’ to 678-678

24/7

Chat via the website [here](#).

Crisis intervention, suicide prevention, & support spaces for LGBTQ youth ages 13–24.

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**Warmlines that avoid police intervention** – Use these if you want to talk and don't need emergency help. The warmlines below offer transparency about their reporting and tracing policies.

### **Trans Lifeline**

English, Español

Monday - Friday 1 PM – 9 PM Eastern

Call in US: 1-877-565-8860

Call in Canada: 1-877-330-6366

See holiday and most updated hours [here](#).

"Provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people."

See more [regional resources](#) from Trans Lifeline at the link.

### **LGBT National Help Center**

English, Español may be available M-F 5pm-8pm

Monday - Friday 2 PM - 11 PM

Saturday 12 PM - 5 PM

Call or text: 1-888-843-4564

See most updated hours, more hotlines, and peer support chats [here](#).

"Here to serve the entire community, by providing free & confidential peer-support, information, and local resources through national hotlines and online programs."

### **Call Blackline**

English only

Call or text: 1-800-604-5841

Also available as an [app](#).

"A space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens."

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### **Wildflower Alliance Peer Support Line**

English, Español

Monday - Thursday 7pm to 9pm

Friday - Sunday 7pm-10pm

Call: 1-888-407-4515

[Discord here.](#) [Alternatives to suicide support groups here.](#)

"Answered by a trained peer supporter who has their own first-hand experience with psychiatric diagnosis, trauma, addiction, and/or other interrupting challenges."

### **NAMI HelpLine**

English, Español

Monday - Friday 10am -10pm

Call: 1-800-950-NAMI (6264)

Text: NAMI to 62640

Email: [helpline@nami.org](mailto:helpline@nami.org)

This is a confidential, non-emergency line for emotional support, information, and resource referrals, available Monday through Friday.

### **StrongHearts Native Helpline**

English, multiple languages available via call with translation services

Call or text: 1-844-762-8483 or **chat online** (English only, for text also)  
24/7

"A safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy."