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

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.

Thrive Lifeline's extensive and routinely updated list of non-carceral resources.
THRIVE Non-Carceral Resource List.pdf

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

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."