

## HOTLINE RESOURCES

### [Tennessee Redline](#)

Do you need help finding free or state funded addiction treatment and recovery services in Tennessee? Tennessee **REDLINE** operates a 24/7 addiction treatment and recovery hotline that connects Tennessee residents with state funded, addiction treatment and recovery services.



### [National Suicide Prevention Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



### [Smoke Free Teen](#)

Checkout their quitSTART app, quit plans, smokefreeTXTS, and other tools to help you stop vaping, dipping, and smoking. Whether you are a light, occasional, social, or frequent nicotine user, getting support can help you stay tobacco-free.

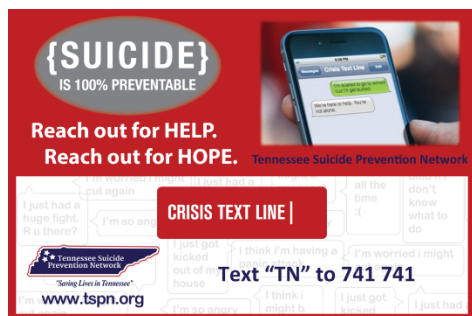
# smokefree**teen**

### [The Disaster Distress Helpline](#)

SAMHSA's Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text [1-800-985-5990](tel:1-800-985-5990) to connect with a trained crisis counselor.

### [TSPN State Crisis Line](#)

The statewide crisis line is a 24/7/365 call system to help anyone experiencing a mental health crisis. All calls are routed to a trained crisis specialist within your area. The service is free. Call **855-CRISIS-1 (855-274-7471)** or text **TN to 741 741**



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### [Tennessee Tobacco Quitline](#)

The QuitLine offers support from specially trained counselors who will provide individualized advice on how to quit for good. The 4Ds: Deep breathing, drinking water, delaying tobacco use and doing something else are just a few examples of the advice you will receive from the QuitLine.



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### [TALK. They hear you.](#)

SAMHSA's substance use prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol and other drugs.



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### [The Trevor Project](#)

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, the Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) Young people under 25. If you are thinking about suicide and in need of immediate support, please call the TrevorLifeline at **1-866-488-7386** or text **START to 678-678** to connect with a counselor.

