

US/Canada Helplines and Support Organisations

Befrienders.org is a worldwide directory which is constantly listing suicide support hotlines for every country. If you cannot find the appropriate hotline for your country, try their website. If you have any suggestions of hotlines or organisations for us to add to our list, please [click here](#) and fill in the form with all the appropriate information so we can add it to our list. Your suggestions could help save or improve the quality of the life of someone who really needs it.

The directory is in English - if you can offer accurate translation for your country's section, please [email us](#) with the title "Translation *insert your country's name*" and a translated version of your country's section.

United States

[Suicide Prevention Lifeline](#): national suicide hotline in the United States

Call: 18007238255

[Trevor Project](#): a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Call: 1-866-488-7386 **Text:** START to 678678 or visit the website at

[Trans Lifeline](#): a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.

Call: 1-877-565-8860 or visit the website

[Crisis Text Line](#): A free 24/7 support for those in Crisis anywhere in the USA and connects you to a trained crisis counselor.

Text: GO to 741741

[National Runaway Line](#): as the national communication system for runaway and homeless youth.

Call: 1-800-786-2929

[My Friends Place](#): Assists and inspires homeless youth to build self-sufficient lives.

Call: 1-888-YOUTH-50 or visit the website

Trans Lifeline: a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of the community with direct service, material support, advocacy, and education.

Call: 1-877-330-6366 or visit the website

To Write Love On Her Arms (TWLOHA): has a directory full of resources and organisations in your area to provide you with support with various issues such as addiction, depression and anxiety, eating disorders, self injury, suicide, trauma, LGBTQIA+ and veterans.

Text: TWLOHA to 741741 or visit the website

Canada

Canadian Mental Health Crisis Line: mental health crisis line in Canada

Call: (888) 353-2273

Youthline: a supportline service for LGBTQIA+ youth in Canada.

Call: 1-800-268-9688, **text:** 6476944275 or visit the website

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Call: 1-877-330-6366 or visit the website

Crisis Services Canada: suicide hotline in Canada

Call: 1.833.456.4566 or visit the website

Kids Help Phone: bilingual helpline offering phone, live chat and text support

Call: 1-800-668-6868 or visit the website