



All helplines below operate 24/7

988 Suicide & Crisis Lifeline

Visit <https://988lifeline.org/>

Call or text 988

National Domestic Violence Hotline

Visit <https://www.thehotline.org/>

Call 1.800.799.SAFE (7233)

Text “START” to 88788

National Sexual Assault Hotline

Visit <https://rainn.org/>

Call 1.800.656.HOPE (4673)

Trans Lifeline

Visit <https://translifeline.org/hotline/>

Call 1.877.565.8860

The Trevor Project Lifeline (LGBTQ+)

Visit <https://www.thetrevorproject.org/get-help/>

Call 1.866.488.7386

Text “START” to 678-678

Reproductive Care Access

Access Abortion Pills by Mail

Visit <https://www.plancpills.org/>

