

## Crisis Hotlines

For youth ages 12-24 who need support or are in crisis the North American Alliance of Child Helplines (NAACH) is a universal crisis portal to reach qualified, professional crisis counselors.

Call: 1-855-201-2121

Youth Crisis Hotline 1-800-422-0009

For youth or adults, call:

National Suicide Prevention Lifeline

1-800-273-8255

Trevor Project Lifeline for LGBT youth

1-866-488-7386

All these hotlines are free, confidential and available 24/7.