

Emergency and Crisis Hotline Resource List

Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Helpline

Call 1-800-662-HELP (1-800-662-4357). Free and confidential. Available 24/7 in English and Spanish. Or Text HELP4U (435748) for English.

US Department of Justice – Office of Justice Programs – Office for Victims of Crime Toll Free, Text and Online Hotlines

Suicide Prevention

Asian LifeNet Hotline

Call 1-877-990-8585. Free and confidential. Available 24/7 in Cantonese, Mandarin, Japanese, Korean, Fujianese

National Alliance on Mental Illness (NAMI)

Call 1-800-950-NAMI (6264) to connect with trained counselors for resource referrals and crisis support. Free and available Monday through Friday, 10am to 10pm Eastern Time or send email to info@nami.org

Or text 'NAMI' to 741741 or 433-SUP-PORT (433-787-7678) on WhatsApp to connect with a trained counselor. Available 24 hours 7 days a week.

Or press the "Send Message" button using Facebook Messenger at <http://facebook.com/crisistextline>

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255). Free and confidential direct support, referrals, and information. Available 24/7 in more than 150 languages through tele-interpreters. Beginning July 16, 2022, you can dial '988' nationwide in the US to be routed to the National Suicide Prevention Hotline.

The Trevor Project

Call 1-866-488-7386. Free and confidential. Available 24/7
Or Chat and Text with a counselor. Click [here](#) for more information

Immigration

National Korean American Service & Education Consortium (NAKASEC)

Call 1-844-500-3222 for free and confidential immigration assistance.
Available 24/7 in Korean and English

Domestic, Intimate Partner Violence and Gender-Based Violence

[Asian Pacific Institute on Gender Based Violence](#)

Browse Directory of Domestic and Gender-Violence Programs

[National Organization of Asian and Pacific Islander Ending Sexual Violence \(NAPIESV\)](#)

Browse Directory of organizations serving API survivors

[National Domestic Violence Hotline](#)

Call 1-800-799-SAFE (7233) or text 'START' to 88788 for free and confidential support for anyone experiencing domestic violence and need resources. Available 24/7 in more than 140 languages through Language Line tele-interpreters. [View State and Territory Coalitions here](#)

Or Live Chat with a counselor [here](#)

[RAINN's National Sexual Assault Hotline](#)

Call 1-800-656-HOPE (4673) for free and confidential support for those who have been sexually assaulted Or Live Chat with a trained staff member. [Details here](#)

[Department of Defense \(DoD\) Safe Helpline for Military](#)

Call 1-877-995-5247 for free and confidential support for those who have been affected by sexual assault in the military / Department of Defense (DoD)
Live Chat with a trained staff member. [Details here](#)

[Womankind](#)

Call 1-888-888-7702 for free and confidential assistance. Available 24/7 in Chinese, Korean, Japanese, Tagalog, Hindi, Urdu, Bengali, and Vietnamese
Or text 1-929-207-5907 (English) and 1-929-207-5901 (Chinese)
Or chat with a helpline advocate in English and Chinese. [Details here](#)