

## Emergency Hotlines

### National Suicide Prevention Hotline (24/7)

- 1-800-273-8255
- 1-888-628-9454 (Nacional de Prevención del Suicidio)
- TTY - use your preferred relay service, or dial 711 then 1-800-273-8255
- [Online chat](#)

### Crisis Text Line (24/7)

- Text HOME to 741741

### Trans Lifeline

- 877-565-8860
- Español: oprima 2 para hablar con unx operador en español
- Family & Friends - peer support for family, friends, loved ones of trans folx - call the main hotline, ask for Family & Friends line call back

### TREVOR Project Crisis Hotline

- 1-866-488-7386
- TrevorText: Text "START" to 678-678
- [Online chat](#)

### RAINN (Rape, Abuse, and Incest National Network) National Sexual Assault Hotline

- 800-656-4673
- [Online chat](#)

### National Domestic Violence Hotline

- 1-800-799-7233
- Text: Text "START" to 800-799-7233
- TTY: 800-787-3224
- [Online chat](#)

# Emergency Hotlines

## 1in6

- National Helpline for Men who have been sexually assaulted or abused
- [Online chat](#)

## love is respect

- 866-331-9474
- Text: text "LOVEIS" to 225-22
- TTY: 800-787-3224
- Video phone: 855.812.1001
- [Online chat](#)

## StrongHearts Native Helpline

- 844-762-8483
- [Online chat](#)

## Planned Parenthood Hotline

- 1-800-230-7526
- Text Hotline: Text "PPNOW" to 774-636
- [Online chat](#)

## Veterans Crisis Line

- 1-800-273-8255 - press 1
- Text: 838255
- Deaf/Hard of Hearing: Use your preferred relay service, or dial 711 then 1-800-273-8255
- [Online chat](#)