

National Hotlines

SUICIDE PREVENTION LIFELINE:

Call the 24-hour lifeline at 1-800-273-TALK (8255)

CRISIS TEXT LINE:

Text "START" to 741741, Free crisis support services for teens, 24 hours a day

LIFELINE CRISIS CHAT

This website is run by the same individuals as the Suicide Prevention Lifeline, but allows you to chat with a helping professional. [Crisischat.org](https://crisischat.org) is available from 1:00 p.m. – 1:00 a.m. Currently, they are unable to respond to all chats. In the event that a helper is unavailable, you will be asked to try again in 30 minutes. Please use The Suicide Prevention Lifeline as a backup if a helper is unavailable.

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

VETERAN CRISIS LINE

veteranscrisisline.net – Phone support, text or chat support, self-quiz available

VETERAN'S PEER SUPPORT LINE - Call 1-877-Vet-2Vet (838-2838)

TEEN TO TEEN PEER COUNSELING HOTLINE - Call 1-877-YOUTHLINE (968-8454)

POST-PARTUM DEPRESSION HOTLINE - Call 1-800 PPD-MOMS (773-6667)