

HELP IS HERE: 24/7

Crisis & Support Resources

If you or someone you know is struggling—emotionally, mentally, or in a relationship—these confidential resources are here to listen and help. You are never alone.

1. CRISIS TEXT LINE

Website: crisistextline.org

Text: Text HOME to 741741

What is it? A free, 24/7 text line that connects you with trained crisis counselors who can help you through anxiety, panic, grief, or any overwhelming moment.

How to use it: Text HOME to 741741 from anywhere in the U.S. You'll connect with a real person who listens, supports, and helps you find next steps.



2. LOVE IS RESPECT

Website: loveisrespect.org

Call: 1-866-331-9474

Text: Text LOVEIS to 22522

Chat: Online chat available

What is it? A national resource for young people experiencing or questioning unhealthy or abusive dating relationships.

How to use it: Chat, text, or call to talk about healthy relationships, boundaries, or supporting a friend. Peer advocates offer real-time guidance in a judgment-free space.

3. NATIONAL SEXUAL ASSAULT HOTLINE

Website: hotline.rainn.org

Call: 1-800-656-4673

Text: TextHOPE to 64673

Chat: Onlinechat available

What is it? A 24/7 hotline from the nation's largest anti-sexual violence organization, for anyone affected by sexual violence.

How to use it: Call or use the online chat to talk with someone who will listen, believe you, and help you explore options—with no pressure to report. Call or chat to reach trained specialists for emotional support, information, or local referrals—whether an assault happened recently or years ago.

4. SUICIDE & CRISIS LIFELINE

Website: 988lifeline.org

Call: 988

Text: Text 998

Chat: Online chat available

What is it? A free service for anyone in emotional distress or thinking about suicide—or for anyone worried about someone else.

How to use it: Dial or text 988 anytime to connect with trained counselors who will listen, help you stay safe, and guide you toward support.



5. THE TREVOR PROJECT

Website: thetrevorproject.org

Call: 1-866-488-7386

Text: Text START to 678678

Chat: Online chat available

What is it? A 24/7 crisis intervention and suicide prevention organization for LGBTQ+ youth and young adults.

How to use it: Call, text, or chat online to connect with affirming counselors who understand LGBTQ+ experiences and identity-related stress and are ready to support you.



6. NATIONAL DOMESTIC VIOLENCE HOTLINE

Website: thehotline.org

Call: 1-800-799-7233

Text: Text START to 88788

Chat: Online chat available

What is it? A 24/7 hotline for anyone experiencing or witnessing domestic or relationship abuse—including emotional, physical, or financial.

How to use it: Call, text, or chat online for safety planning, shelter options, or guidance on helping a loved one stay safe.

7. SAMHSA NATIONAL HELPLINE

Website: [samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

Call: 1-800-662-HELP (4357)

What is it? A 24/7 information and referral service for individuals and families facing mental health or substance use issues.

How to use it: Call anytime for confidential treatment referrals, support groups, or local recovery programs.

8. NAMI HELPLINE

Website: [nami.org/help](https://www.nami.org/help)

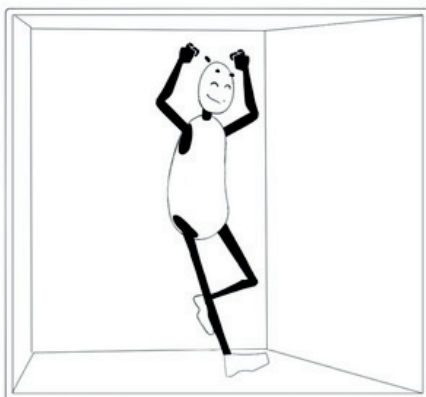
Call: 1-800-950-6264

Text: Text HELPLINE to 62640

Chat: Online chat available

What is it? A free resource offering education, referrals, and support for anyone facing mental health concerns—or anyone supporting someone who is.

How to use it: Call or text to ask about treatment options, community programs, or how to talk to loved ones about mental health.



9. NO MORE DIRECTORY

Website: nomoredirectory.org

What is it? A global directory connecting you to local organizations working to end domestic violence and sexual assault.

How to use it: Enter your location to find hotlines, shelters, counseling, and advocacy services near you.



POWER UP

10. INTERNATIONAL HELPLINES

Website: findahelpline.com

What is it? A global directory of verified emotional support hotlines and mental health services in more than 100 countries.

How to use it: Select your country or region to find local phone numbers, chats, and online support in your language.