

# Hotlines and Warmlines for Mental Health Support

Updated 11/2024

*Not all services are available 24/7, operating hours vary. While many of the services will aim to maintain your privacy, several have policies of alerting emergency services if they become aware of anyone being a danger to self or others. Information about policies is also provided on this list.*

Name	Contact Information	Communities Served	Will They Contact The Police?
Suicide Prevention Hotline (English, Spanish, and Deaf/Hard of Hearing are all on the same line now)	988  988lifeline.org (Online chat or the direct VP link for deaf/HoH folks)	Areas of support include mental health struggles, emotional distress, alcohol or drug use concerns, and really just needing someone to talk to.	Per organization policy, if the operator can't deescalate the caller, they may call emergency services.
TeenLine	800-TLC-TEEN  Or text "TEEN" to 839683	Teen Line is an anonymous, nonjudgmental space for youth. Through our hotline, teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals.	Per organization policy, if the operator can't deescalate the caller, they may call emergency services.
The Trevor Hotline (LGBT Crisis Line)	1-866-4-U-TREVOR  <a href="https://chat.trvr.org">https://chat.trvr.org</a> Online Chat  Text: 678678	Provides crisis and support services to LGBTQ+ youth	Per organization policy, in certain cases, the operator may contact emergency services or child welfare services.
Trans Lifeline (Trans or GNC Crisis Line)	877-565-8860	Trans Lifeline provides trans peer support.	Program policy states they will not call the police

<p>United Way Helpline</p>	<p>211           (Web chat will vary state by state...if you search for 211 plus the name of the state you are in, you should be able to find your direct provider)</p>	<p>Resource hub for all individuals to search government and not-for-profit supports in your area.</p>	<p>211 is generally run through different organizations in each state. Most of these organizations have a policy to contact emergency services in emergent situations.</p>
<p>Crisis Text Line</p>	<p>Text HOME to 741741   <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>          (Web chat and What'sApp link)</p>	<p>Any individual in crisis or in need of support</p>	<p>Per organization policy, if the operator isn't able to deescalate the caller, they may call emergency services.</p>
<p>Call Blackline</p>	<p>1 (800) 604-5841          (or download app)</p>	<p>Call BlackLine provides a space for peer support, counseling, prioritizing BIPOC individuals</p>	<p>Program policy states they will not call the police.</p>
<p>Wildflower Alliance Peer Support Lines</p>	<p>888.407.4515</p>	<p>Wildflower provides peer support line is answered by a trained peer supporter who has their own first-hand experience with psychiatric diagnosis, trauma, addiction, and/or other interrupting challenges.</p>	<p>Program policy states they will not call the police.</p>
<p>StrongHearts Native Helpline</p>	<p>844-7NATIVE           Strongheartshelpline.org          (online chat)</p>	<p>StrongHearts has become a lifeline to Native American and Alaska Natives impacted by domestic and sexual violence by offering a culturally appropriate, anonymous and confidential service available 24/7 nationwide.</p>	<p>Program policy states they will not call the police</p>

Thrive Lifeline	Text "THRIVE" to 313-662-8209	Provides services to any individual experiencing a mental health crisis as well as supportive care for individuals with marginalized identities.	Program policy states they will not call the police
LGBT National Help Center	888-843-4564 (LGBT National Hotline)  888-688-5428 (LGBT Coming Out Support Line)  800-246-7743 (LGBT Youth Talkline)  888-234-7243 (LGBT Senior Hotline)  <a href="https://lgbthotline.org/">https://lgbthotline.org/</a> (online chat)	Resources and support for LGBT+ community members	Program policy states they will not call the police