

CRISIS RESOURCES

Suicide & Crisis Lifeline

9-8-8 (US only) or 1-800-273-TALK (8255)

The National Domestic Violence Hotline

1-800-799-7233

The Trevor Project (for LGBTQ+ Youth)

1-866-488-7386

Disaster Distress 24/7 Helpline

1-800-985-5990

Text: "TalkWithUs" to 66746

DisasterDistress.samhsa.gov

SAMHSA National Hotline

1-800-622-HELP (4357)

ANAD Eating Disorders Helpline

1-888-375-7767

Monday-Friday, 9am-9pm CST

Veterans Crisis Line

1-800-273-8255

YouthLine (Teen Crisis Line)

1-877-968-8491

Text: TEEN2TEEN to 839863

National Institute on Drug Abuse Hotline

1-800-662-4357