

# National Suicide Prevention Hotlines



## The National Suicide Prevention Lifeline

**Toll-free/24 hour/7 days a week**

Confidential suicide prevention hotline for anyone that is in suicidal crisis or emotional distress.

**Call in English:**

1-800-273-TALK (8255)

**Ayuda en Español:**

1-888-628-9454

## Veterans Crisis Line



1-800-273-8255  
PRESS 1

## The Veterans Crisis Line

**Toll-free/24 hour/7 days a week**

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even to those not registered with VA or enrolled in VA health care.

**Call:**

1-800-273-TALK (8255),  
then press 1

**Text:**

838-255



## Crisis Text Line

**Free to Sprint, AT&T, Verizon, & T-Mobile customers/24 hour/7 days a week**

Crisis Text Line serves anyone, in any type of crisis, providing support and information.

**Text:**

HELLO to 741-741

**Send a Facebook message:**

<https://facebook.com/crisistextline>



## Trans Lifeline

**Toll-Free/ See website for live hours**

Trans Lifeline's Hotline is a peer support service run by transgender people, for transgender and questioning callers in crisis or distress.

**Call:**

877-565-8860

**Visit:**

<https://www.translifeline.org/hotline>



## Trevor Lifeline

**Toll-Free/24 hour/7 days a week**

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25.

**Call:**

1-866-488-7386

**Text\*:**

Text "START" to 678678

\*see website for hours