**Hotlines/Resources**

**National Suicide Prevention Lifeline: 800-273-talk (8255)** https://suicidepreventionlifeline.org/

**National Sexual Assault Hotline: 800-656-HOPE (4673)**

https://www.rainn.org/

**National Domestic Abuse Hotline: 800-799-7233** https://www.thehotline.org/

**National Alliance on Mental Illness (NAMI) Helpline: 800-950-6264**

https://www.nami.org/help

**The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564** <https://pflag.org/hotlines>

**The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743** <https://pflag.org/hotlines>

Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

**Trans Lifeline: (877) 565-8860** <https://pflag.org/hotlines>

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

**Substance Abuse and Mental Health Services Administration Helpline:**

**800-662-HELP (4357)** https://www.samhsa.gov/find-help/national-helpline

**Crisis Text Hotline: Text *CONNECT* to 741741** You will be connected to a trained counselor for individualized support

**List of National Hotlines:** https://victimconnect.org/resources/national-hotlines/