

Resources for Suicide Prevention

<https://help.insighttimer.com/en/support/solutions/articles/67000688478-what-are-the-emergency-hotlines->

UNITED STATES

Emergency: 911

Suicide and Crisis Hotline: 988

National Domestic Violence Hotline: 1-800-799-7233

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Hopeline Network: 1-800-SUICIDE (800-784-2433)

Crisis Text Line: Text 'DESERVE' TO 741-741

Lifeline Crisis Chat: <https://suicidepreventionlifeline.org/chat/> (Online live messaging)

Self-Harm Hotline: 1-800-DONT-CUT (1-800-366-8288)

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

American Association of Poison Control Centers: 1-800-222-1222

National Council on Alcoholism & Drug Dependency Hope Line: 1-800-622-2255

National Crisis Line - Anorexia and Bulimia: 1-800-233-4357

GLBT Hotline: 1-888-843-4564

TREVOR Crisis Hotline: 1-866-488-7386

AIDS Crisis Line: 1-800-221-7044

TransLifeline: 1-877-565-8860 and <https://www.translifeline.org>

Veterans Crisis Line: <https://www.veteranscrisisline.net>