

Important phone numbers in case of Crisis

If you are experiencing a medical or psychiatric emergency or are in danger call 911 immediately.

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

Tri-County Behavioral Healthcare Crisis Line 1-800-659-6994

The Harris Center 713-970-7000 option 1

Crisis Textline: Text CONNECT to 741741

Neuropsychiatric Center 713-970-7070 or 713-970-4600

Ben Taub Children's Services 713-873-2576

911 or your local Emergency Room

Other Resources

Crisis Hotlines and Helplines

If you are experiencing a medical or psychiatric emergency or are in danger call 911 immediately.

SUICIDE PREVENTION

- **National Suicide Prevention Lifeline**

800-273-8255

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

- **National Hopeline Network**

800-442-HOPE (800-442-4673)

Veterans: 877-VET2VET (877-838-2838)

The NHN help people dealing with depression and those thinking about suicide through crisis intervention.

- **National Mental Health Association Hotline**

800-273-TALK (800-273-8255)

Crisis line which allows individuals in emotional distress access to support that is 24/7

- **Postpartum Support International Helpline**

1-800-944-4773 or text 503-894-9453

Individuals experiencing postpartum depression can obtain resources, support, and crisis intervention.

- **Crisis Text Line**

US: Text "HOME" to 741-741

Canada: Text "HOME" to 686868

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA or Canada and a trained Crisis Counselor will respond via text.

- **People of Color Crisis Text Line**

Text "STEVE" to 741741

Steve Fund Partnership collaborated with Crisis Text Line to provide access to trained Crisis Counselors of Color.

- **TeenLine**

800-TLC-TEEN (800-852-8336)

A hotline for youth to obtain crisis support from 6 p.m. to 10 p.m. Pacific Time nightly in the U.S. and Canada

- **The National Grad Crisis Line**

800-GRADHLP (800-472-3457)

Crisis and suicidal intervention for graduate students.

- **Los Angeles Mental Health Hotline**

800-854-7771

Crisis services over the phone for those residing in Los Angeles County, California.

- **International Association for Suicide Prevention**

Canada: 1-833-456-4566

UK: Call Samaritans 116 123

UK: Call Hopeline 0800-068-4141

Australia: 13 11 14

A variety of international crisis lines to receive support for others outside the U.S.

LGBTQ+

- **The Trevor Project**

866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people ages 13-24.

The Gay, Lesbian, Bisexual and Transgender National Hotline

888-843-4564

National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as local resources for cities and towns across the United States.

- **The Lesbian, Gay, Bisexual, and Transgender (LGBT) National Senior Hotline**

888-234-7243

Provides telephone peer-support and local resources for our senior community.

- **Trans Lifeline**

US: 877-565-8860

Canada: 877-330-6366

A trans-led organization that connects trans people to their community, support, and resources. Trans and questioning adults and youth can call and receive support regarding trans issues.

- **The GLBT National Youth Talkline (youth serving youth through age 25)**

800-246-7743

Provides telephone, online private one-to-one chat, and email peer-support, as well as local resources for cities and towns across the United States for LGBTQ+ young people up to 25.

- **The True Colors United**

212-461-4401

The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer,

and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.

- **Love Is Respect Hotline**
1-866-331-9474
Text “loveis” to 22522
National line where LGBTQ+ individuals can call or text get help and receive support regarding intimate partner violence and create a safety plan.
- **NYC Anti-Violence Project**
English and Spanish: 212-714-1141
Provide 24 hour crisis intervention for individuals in the LGBTQ+ community, including reporting violence against or within LGBTQ+ and HIV-affected communities.
- **The NW Network**
206-568-7777
National line for LGBTQ+ individuals receiving support who have survived abuse.

YOUTH

- **TeenLine**
800-TLC-TEEN (800-852-8336)
A hotline for youth to obtain crisis support from 6 p.m. to 10 p.m. Pacific Time nightly in the U.S. and Canada
- **The National Runaway Safeline**
800-RUNAWAY (800-786-2929)
Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS front line staff will also act as advocates and mediators if/as needed.
- **The National Grad Crisis Line**

800-GRADHLP (800-472-3457)
Crisis and suicidal intervention for graduate students.
- **Self Abuse Finally Ends (S.A.F.E) or S.A.F.E. Alternatives**
800-DONTCUT (800-366-8288)
Addresses individuals coping with non-suicidal self-injury, including locally-based information, support, and therapy referrals.
- **Thursday’s Child (Teens and Young Adults)**
800-872-5437
Thursday’s Child assists children, teens, young adults, and parents with issues including child abuse, child trafficking, bullying, eating disorders, self-injury, suicidal ideation, sexual assault, dating abuse, substance abuse, runaways and missing children. They have the a 24-hour helpline for youths who are victims of bullying as well as who have eating disorders or self-injury issues. Both our bullying and missing children helplines are proactive, they will go beyond the phone conversation to assist. All services are 24/7 and free.
- **The Trevor Project**
866-488-7386
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people ages 13-24.
- **The GLBT National Youth Talkline (youth serving youth through age 25)**
800-246-7743

Provides telephone, online private one-to-one chat, and email peer-support, as well as local resources for cities and towns across the United States for LGBTQ+ young people up to 25.

- **The True Colors United**

212-461-4401

The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.

- **Pride Institute**

800-547-7433

Chemical dependency/mental health referral and information hotline for the LGBTQ+ community that is 24/7.

- **The NW Network**

206-568-7777

National line for LGBTQ+ individuals, including youth, receiving support who have survived abuse.

- **Naseeha Mental Health Helpline**

866-627-3342

A confidential helpline for Muslim youth to receive anonymous support daily from 12 p.m. to 9 p.m. Eastern Standard Time.

- **Amala Muslim Youth Hope Line**

855-95-AMALA (855-952-6252)

A helpline for Muslim youth that runs 6 p.m. to 10 p.m. Pacific Time Monday, Wednesday, Saturday, and Sunday.

- **Muslim Youth Helpline**

UK: 0808-808-2008

Helpline that provides 24/7 support to Muslim Youth in the UK.

MILITARY

- **Courage to Call**

1-877-698-7838

A national helpline staffed by veterans that provides free, confidential information, guidance, and referrals for veterans, active military, reservists, national guardsmen, and their families. Adults who are in or have served the military, military dependents, or individuals who have family in the military, can call to receive support.

- **DoD Safe Helpline**

US: 1-877-995-5247

Outside The US: 1-202-470-5546

A national and international helpline staffed by professionals who provide emotional support and guidance to veterans, active military, reservists, national guardsmen, and their families, who are also survivors of sexual assault.

- **National Hopeline Network**

800-442-HOPE (800-442-4673)

Veterans: 877-VET2VET (877-838-2838)

The NHN help people dealing with depression and those thinking about suicide through crisis intervention.

SEXUAL ASSAULT

- **Rape Abuse and Incest National Network (RAINN)**
800-656-4673
TTY: 800-810-7440
The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.
- **Safe Horizon's Sexual Assault Hotline**
212-227-3000
TTY: 866-604-5350
A national helpline with the mission of empowering victims and survivors through safety planning and support.
- **DoD Safe Helpline**
US: 1-877-995-5247
Outside The US: 1-202-470-5546
A national and international helpline staffed by professionals who provide emotional support and guidance to veterans, active military, reservists, national guardsmen, and their families, who are also survivors of sexual assault.
- **The NW Network**

206-568-7777
National line for LGBTQ+ individuals receiving support who have survived abuse.
- **NYC Anti-Violence Project**

English and Spanish: 212-714-1141
Provide 24 hour crisis intervention for individuals in the LGBTQ+ community, including reporting violence against or within LGBTQ+ and HIV-affected communities.

INTIMATE PARTNER VIOLENCE

- **National Domestic Violence Hotline**
English and Spanish: -800-799-7233
TTY: 800-787-3224
Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information, and referral services in over 170 languages.
- **Safe Horizon's Domestic Violence Hotline**

800-621-HOPE (800-621-4673)
TTY: 866-604-5350
A national helpline with the mission of empowering victims and survivors through safety planning and support.
- **Love Is Respect Hotline**
1-866-331-9474
Text "loveis" to 22522
National line where LGBTQ+ individuals can call or text get help and receive support regarding intimate partner violence and create a safety plan.

- **The NW Network**

206-568-7777

National line for LGBTQ+ individuals receiving support who have survived abuse.

- **NYC Anti-Violence Project**

English and Spanish: 212-714-1141

Provide 24 hour crisis intervention for individuals in the LGBTQ+ community, including reporting violence against or within LGBTQ+ and HIV-affected communities.

SUBSTANCE ABUSE RECOVERY

- **Substance Abuse and Mental Health Services Administration National Helpline**

1-800-662-HELP (1-800-662-4357)

TTY: 1-800-487-4889

A national helpline that provides referrals to local treatment facilities, support groups, and community-based organizations for substance abuse assistance for adults and youth. Representatives on the phone are not counselors and will transfer the call to a local agency for assistance.

- **Alcohol Treatment Referral Hotline**

800-252-6465

24/7 hotline to receive emotional support and learn about local alcohol treatment programs.

- **Cocaine Hotline**

800-262-2463

24/7 hotline to receive emotional support and learn about local cocaine treatment programs.

- **Ecstasy Hotline**

800-468-6933

24/7 hotline to receive emotional support and learn about local ecstasy treatment programs.

- **Pride Institute**

800-547-7433

Chemical dependency/mental health referral and information hotline for the LGBTQ+ community that is 24/7.

- **Families Anonymous**

800-736-9805

Receive emotional support and referrals as a member in family suffering with substance abuse.

- **National Association for Children of Alcoholics**

888-554-2627

Receive emotional support and referrals as a member in family suffering with alcohol abuse. Learn about local support groups in the area.

HIV/AIDS

- **National AIDS Hotline**

800-CDC-INFO (800-342-2437)

Spanish Speaking: 800-344-7432

TTY: 800-243-7889

A helpline that provides information to individuals and their families about HIV/AIDS, including referrals to local support.

DISASTERS

- **National Disaster Distress Helpline**

1-800-985-5990

or text “talkwithus” to 66746

A national hotline run by certified counselors who provide support for people who are experiencing emotional distress related to any natural or human-caused disaster. Adults and youth can call or text and receive resources and support.

Disclaimer: The following numbers are listed to provide you with additional online crisis care information. These resources are intended to complement, not replace, professional mental or medical health treatment. Guidance Teletherapy provides these resources at our sole discretion, but have not necessarily vetted or reviewed any particular resource. These numbers are not meant to be a comprehensive list, nor endorse any specific number. We assume no liability for the use of the resources and encourage you to use your own best judgment when reviewing them.