

Crisis Supports

Lifeline Crisis Chat

Provides emotional support, crisis intervention, and suicide prevention services

Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

1-800-273-8255

IMALIVE

Crisis intervention, and suicide prevention services

American Association of Poison Control Centers

1-800-222-1222

National Alliance on Mental Illness HelpLine

Text NAMI to 741741

Warmlines

Not in a crisis but just want someone to talk to.