

Cause	Name	Number
General		
	NAMI Helpline	1-800-950-NAMI (6264)
Suicide and Crisis		
	Suicide and Crisis Lifeline	Call or Text 988
Veterans		
	Veterans Crisis Line Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.	988 then press "1"
Domestic Violence		
	National Domestic Violence Hotline Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.	800-799-SAFE (7233)
Sexual Assault		
	National Sexual Assault Hotline Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.	800-656-HOPE (4673)
LGBTQ+		
	Trevor Lifeline - for LGBTQ+ Youth	1-866-488-7386
	LGBTQ+ National Hotline	1-888-843-4564
	Trans Lifeline	1-877-565-8860
Substance and Alcohol Use		
	SAMHSA National Helpline	1-800-662-HELP (4357)
	Poison Control	1-800-222-1222

National Drug Helpline

Open to any individual dealing with addiction issues,
including family members and other loved ones.

1-844-289-0879

Resources are available for those struggling with any
addictive substance, including alcohol.