Crisis Call, Text, & Chat Services

You can use a crisis call, text, or chat service if you’re feeling sad, lonely, or hopeless, thinking about suicide, or just want emotional support. You can also reach out if you are worried about someone else. They can provide support, resources, and referrals.

For Everyone

National Suicide Prevention Lifeline
1-800-273-8255
https://suicidepreventionlifeline.org/
available 24/7, talk or chat online

Samaritans Statewide Helpline
1-877-870-4673
http://samaritanshope.org/
available 24/7, talk or text

Crisis Text Line
text HOME to 741741
https://www.crisistextline.org/
available 24/7, text only

Call 2 Talk Statewide Helpline
508-532-2255
http://mass211.org/call2talk/
available 24/7, talk only

I’m Alive
https://www.imalive.org/
available 24/7, online only

For Young People

Boys Town National Hotline for Youth
1-800-448-3000
http://www.yourlifeyourvoice.org
available 24/7, call, text, email, or chat online

TrevorLifeline for LGBTQ youth
1-866-488-7386
http://www.thetrevorproject.org/
available 24/7, call, text, or chat online

Teen Line
1-800-266-7883
https://teenlineonline.org/talk-now/
limited hours, call, text, or email

Fenway Health Peer Listening Line for LGBTQ Youth
1-800-399-7337
https://fenwayhealth.org/care/wellness-resources/help-lines/
limited hours, call only

For People Who are LGBTQ

LGBT National Hotline
1-888-843-4564
https://www.glbthotline.org/
limited hours, call, email, or chat online

LGBT National Youth Hotline
1-800-246-7743
https://www.glbthotline.org/youth-talkline.html limited hours, call, email, or chat online

LGBT National Senior Hotline
1-888-234-7243
https://www.glbthotline.org/senior.html limited hours, call only

TrevorLifeline for LGBTQ youth
1-866-488-7386
http://www.thetrevorproject.org/
available 24/7, call, text, or chat online

Fenway Health LGBTQ Hotline
1-888-340-4528
https://fenwayhealth.org/care/wellness-resources/help-lines/
limited hours, call only

Fenway Health Peer Listening Line for LGBTQ Youth
1-800-399-7337
https://fenwayhealth.org/care/wellness-resources/help-lines/
limited hours, call only

Trans Lifeline
1-877-565-8860
http://www.translifeline.org/
limited hours, call only
For People Experiencing Distress Related to Natural or Human-Caused Disaster

Disaster Distress Helpline
1-800-985-5990
https://www.samhsa.gov/find-help/disaster-distress-helpline
available 24/7, talk only

For Law Enforcement

Copline for Law Enforcement Officers
1-800-267-5463
http://www.copline.org/
available 24/7, call only

For Service Members and Veterans

Veterans Crisis Line
1-800-273-8255 (press 1)
https://www.veteranscrisisline.net/
available 24/7, call, text, or chat online

For People Who have Experienced Domestic or Sexual Violence

SafeLink Massachusetts Domestic Violence Hotline
1-877-785-2020
https://www.casamyrna.org/get-support/safelink/
available 24/7, call only

National Domestic Violence Hotline
1-800-799-7233
http://www.thehotline.org/
available 24/7, call or chat online

The Network/La Red Hotline for LGBTQ who are experiencing/have experienced abuse by a partner
1-800-832-1901
http://tnlr.org/en/24-hour-hotline/
available 24/7, call only

Childhelp National Child Abuse Hotline
1-800-422-4453
https://www.childhelp.org/hotline/
available 24/7, call only

RAINN National Sexual Assault Hotline
1-800-656-4673
https://rainn.org/
available 24/7, call or online chat

loveisrespect National Dating Abuse Helpline
1-866-331-9474
https://www.loveisrespect.org/for-yourself/
available 24/7, call, text, and online chat

National Human Trafficking Hotline
1-888-373-7888
https://humantraffickinghotline.org/
available 24/7, call, text, and online chat

This information is for educational purposes only. Contact the COMPASS Helpline for additional information and resources about this topic.
call COMPASS at 617-704-6264 or 1-800-370-9085
e-mail COMPASS at compass@namimass.org