### Crisis Call, Text, and 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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td><strong>National Suicide Prevention Lifeline</strong></td>
<td>1-800-273-8255</td>
<td><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></td>
<td>available 24/7, talk or chat online</td>
</tr>
<tr>
<td><strong>Samaritans Statewide Helpline</strong></td>
<td>1-877-870-4673</td>
<td><a href="http://samaritanshope.org/">http://samaritanshope.org/</a></td>
<td>available 24/7, talk or text</td>
</tr>
<tr>
<td><strong>Crisis Text Line</strong></td>
<td>text HOME to 741741</td>
<td><a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a></td>
<td>available 24/7, text only</td>
</tr>
<tr>
<td><strong>Call 2 Talk Statewide Helpline</strong></td>
<td>508-532-2255</td>
<td><a href="http://mass211.org/call2talk/">http://mass211.org/call2talk/</a></td>
<td>available 24/7, talk or text</td>
</tr>
<tr>
<td><strong>I'm Alive</strong></td>
<td><a href="https://www.imalive.org/">https://www.imalive.org/</a></td>
<td>available 24/7, online only</td>
<td></td>
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**for people experiencing distress related to natural and human-caused disaster, mass violence, and infectious disease outbreaks**

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<tr>
<td><strong>Disaster Distress Helpline</strong></td>
<td>1-800-985-5990</td>
<td><a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a></td>
<td>available 24/7, talk only</td>
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**for young people**

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<tr>
<td><strong>Boys Town National Hotline for Youth</strong></td>
<td>1-800-448-3000</td>
<td><a href="http://www.yourlifeyourvoice.org">http://www.yourlifeyourvoice.org</a></td>
<td>available 24/7, call, text, or email</td>
</tr>
<tr>
<td><strong>TrevorLifeline for LGBTQ youth</strong></td>
<td>1-866-488-7386</td>
<td><a href="http://www.thetrevorproject.org/">http://www.thetrevorproject.org/</a></td>
<td>available 24/7, call, text, or chat online</td>
</tr>
<tr>
<td><strong>Teen Line</strong></td>
<td>1-800-266-7883</td>
<td><a href="https://teenlineonline.org/talk-now/">https://teenlineonline.org/talk-now/</a></td>
<td>limited hours, call, text, or email</td>
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for members of the LGBT+ community

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<tr>
<td>LGBT National Hotline</td>
<td>1-888-843-4564</td>
<td><a href="https://www.glbthotline.org/">https://www.glbthotline.org/</a></td>
<td>limited hours, call, email, or chat online</td>
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<tr>
<td>TrevorLifeline for LGBTQ youth</td>
<td>1-866-488-7386</td>
<td><a href="http://www.thetrevorproject.org/">http://www.thetrevorproject.org/</a></td>
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<tr>
<td>Trans Lifeline</td>
<td>1-877-565-8860</td>
<td><a href="http://www.translifeline.org/">http://www.translifeline.org/</a></td>
<td>limited hours, call only</td>
</tr>
<tr>
<td>LGBT National Youth Hotline</td>
<td>1-800-246-7743</td>
<td><a href="https://www.glbthotline.org/youth-talkline.html">https://www.glbthotline.org/youth-talkline.html</a></td>
<td>limited hours, call, email, or chat online</td>
</tr>
<tr>
<td>LGBT National Senior Hotline</td>
<td>1-888-234-7243</td>
<td><a href="https://www.glbthotline.org/senior.html">https://www.glbthotline.org/senior.html</a></td>
<td>limited hours, call only</td>
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<tr>
<td>The Network/La Red Hotline</td>
<td>for members of the LGBT+ community who are experiencing abuse by a partner</td>
<td>1-800-832-1901</td>
<td><a href="http://tnlr.org/en/24-hour-hotline/">http://tnlr.org/en/24-hour-hotline/</a></td>
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for people who have experienced domestic or sexual violence

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<td>SafeLink Domestic Violence Hotline</td>
<td>1-877-785-2020</td>
<td><a href="https://www.casamyrna.org/get-support/safelink/">https://www.casamyrna.org/get-support/safelink/</a></td>
<td>available 24/7, call only</td>
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<tr>
<td>RAINN National Sexual Assault Hotline</td>
<td>1-800-656-4673</td>
<td><a href="https://rainn.org/">https://rainn.org/</a></td>
<td>available 24/7, call or online chat</td>
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<tr>
<td>National Domestic Violence Hotline</td>
<td>1-800-799-7233</td>
<td><a href="http://www.thehotline.org/">http://www.thehotline.org/</a></td>
<td>available 24/7, call, text, or chat online</td>
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<tr>
<td>loveisrespect Dating Abuse Helpline</td>
<td>1-866-331-9474</td>
<td><a href="https://www.loveisrespect.org/for-yourself/">https://www.loveisrespect.org/for-yourself/</a></td>
<td>available 24/7, call, text, and online chat</td>
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<td>National Human Trafficking Hotline</td>
<td>1-888-373-7888</td>
<td><a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a></td>
<td>available 24/7, call, text, and online chat</td>
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<td>Childhelp National Child Abuse Hotline</td>
<td>1-800-422-4453</td>
<td><a href="https://childhelphotline.org/">https://childhelphotline.org/</a></td>
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for military service members and veterans

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<td>Copline for Law Enforcement Officers</td>
<td>1-800-267-5463</td>
<td><a href="http://www.copline.org/">http://www.copline.org/</a></td>
<td>available 24/7, call only</td>
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<tr>
<td>Veterans Crisis Line</td>
<td>1-800-273-8255 (press 1)</td>
<td><a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a></td>
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