

## 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

#### Crisis Text Line

text HOME to 741741

<https://www.crisistextline.org/>

available 24/7, text only

#### I'm Alive

<https://www.imalive.org/>

available 24/7, online only

#### Samaritans Statewide Helpline

1-877-870-4673

<http://samaritanshope.org/>

available 24/7, talk or text

#### Call 2 Talk Statewide Helpline

508-532-2255

<http://mass211.org/call2talk/>

available 24/7, talk 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

#### Teen Line

1-800-266-7883

<https://teenlineonline.org/talk-now/>

limited hours, call, text, or email

#### TrevorLifeline for LGBTQ youth

1-866-488-7386

<http://www.thetrevorproject.org/>

available 24/7, call, text, or chat online

#### 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 Senior Hotline

1-888-234-7243

<https://www.glbthotline.org/senior.html>

limited hours, call only

#### Fenway Health LGBTQ Hotline

1-888-340-4528

<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

#### LGBT National Youth Hotline

1-800-246-7743

<https://www.glbthotline.org/youth-talkline.html>

limited hours, call, email, or chat online

#### TrevorLifeline for LGBTQ youth

1-866-488-7386

<http://www.thetrevorproject.org/>

available 24/7, call, text, or chat online

#### 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 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

### RAINN National Sexual Assault Hotline

1-800-656-4673

<https://rainn.org/>

available 24/7, call or online chat

### National Domestic Violence Hotline

1-800-799-7233

<http://www.thehotline.org/>

available 24/7, call or chat online

### loveisrespectNational Dating Abuse Helpline

1-866-331-9474

<https://www.loveisrespect.org/for-yourself/>

available 24/7, call, text, and online chat

### 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

### National Human Trafficking Hotline

1-888-373-7888

<https://humantraffickinghotline.org/>

available 24/7, call, text, and online chat

### Childhelp National Child Abuse Hotline

1-800-422-4453

<https://www.childhelp.org/hotline/>

available 24/7, call only



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**  
email COMPASS at [compass@namimass.org](mailto:compass@namimass.org)