

# Crisis Call, Text, and Chat Services

Operators on crisis call, text, and chat service are trained to provide support and offer resources to people who are experiencing a crisis or are worried about a crisis someone else is experiencing.

## for everyone

### 9-8-8 Suicide Prevention Lifeline

9-8-8

[www.988lifeline.org](http://www.988lifeline.org)

available 24/7

call, text, or chat online

### Samaritans Statewide Helpline

1-877-870-4673

[www.samaritanshope.org](http://www.samaritanshope.org)

available 24/7

call or text

### Crisis Text Line

text HOME to 741741

[www.crisistextline.org](http://www.crisistextline.org)

available 24/7

text only

### Call 2 Call Statewide Helpline

508-532-2255

[www.mass211.org/call2call](http://www.mass211.org/call2call)

available 24/7

call only

## for young people

### Hey Sam

text 439-726

[www.samaritanshope.org/our-services/hey-sam/](http://www.samaritanshope.org/our-services/hey-sam/)

available 9 am to 12 am EST

text only

### Your Life Your Voice

1-800-448-3000

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

available 24/7

call or text

### Teen Line

1-800-852-8336

[www.didihirsch.org/teenline/](http://www.didihirsch.org/teenline/)

available 9 pm to 1 am EST

call or text

### Youthline

1-877-968-8491

[www.theyouthline.org](http://www.theyouthline.org)

available 7 pm to 1 am EST

call, text, email, or chat online



**LGBT National Youth Call Line**

1-800-246-7743

[www.lgbthotline.org/youth-callline/](http://www.lgbthotline.org/youth-callline/)  
available 2 pm to 11 pm weekdays  
& 12 pm to 5 pm Saturdays  
call or chat online

**Trevor Lifeline for LGBT+ youth**

1-866-488-7386 (or text 678-678)

[www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/)  
available 24/7  
call, text, or chat online

**loveisrespect Dating Abuse Helpline**

*for teens and young adults*

1-866-331-9474 (or text 22522)

[www.loveisrespect.org](http://www.loveisrespect.org)

available 24/7

call, text, and online chat

for members of the LGBT+ community

**LGBT National Hotline**

1-888-843-4564

[www.lgbthotline.org/national-hotline/](http://www.lgbthotline.org/national-hotline/)

available 2 pm to 11 pm weekdays  
& 12 pm to 5 pm Saturdays  
call or chat online

**LGBT National Senior Hotline**

1-888-234-7243

[www.lgbthotline.org/senior-hotline/](http://www.lgbthotline.org/senior-hotline/)

available 2 pm to 11 pm weekdays  
& 12 pm to 5 pm Saturdays  
call or chat online

**National Coming Out Support Hotline**

1-888-688-5428

[www.lgbthotline.org/coming-out-hotline/](http://www.lgbthotline.org/coming-out-hotline/)

available 2 pm to 11 pm weekdays  
& 12 pm to 5 pm Saturdays  
call or chat online

**LGBT National Youth Call Line**

1-800-246-7743

[www.lgbthotline.org/youth-callline/](http://www.lgbthotline.org/youth-callline/)

available 2 pm to 11 pm weekdays  
& 12 pm to 5 pm Saturdays  
call or chat online

**Trans Lifeline**

1-877-565-8860

[www.translifeline.org](http://www.translifeline.org)

available 9 am to 1 pm weekdays  
call only

**Trevor Lifeline for LGBT+ youth**

1-866-488-7386 (or text 678-678)

[www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/)

available 24/7

call, text, or chat online



**The Network/La Red Hotline**

*for members of the LGBT+ community  
who are experiencing abuse by a partner*  
1-800-832-1901

[www.tnlr.org/en/24-hour-hotline/](http://www.tnlr.org/en/24-hour-hotline/)

available 24/7

call only

**for people of color**

**BlackLine**

*for people who have experienced  
negative, physical, or inappropriate  
contact with police and vigilantes,  
prioritizing the Black, Black, Brown,  
Native, and Muslim community*  
1-800-604-5841

[www.callblackline.com](http://www.callblackline.com)

available 24/7

call only

**Heal Black Helpline**

*for members of the Black community*  
1-877-843-2525

[www.racerecovery.org/self-help-resources/](http://www.racerecovery.org/self-help-resources/)

available Mondays 11 am to 1 pm,

Wednesdays 5 pm to 7pm,

& Sundays 4 pm to 6 pm

call only

**StrongHearts Native Helpline**

*for Native Americans and Alaska Natives*  
1-844-762-8483

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

available 24/7

call and online chat

**for people experiencing distress related to natural  
disasters, mass violence, or infectious disease outbreaks**

**Disaster Distress Helpline**

1-800-985-5990

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

available 24/7

call or text



## for current and former military service members

### **Veterans Crisis Line**

9-8-8 x 1 (or text 838255)

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

available 24/7

call, text, or chat online

## for first responders

### **Copline**

*for law enforcement officers*

1-800-267-5463

[www.copline.org](http://www.copline.org)

available 24/7

call only

### **Safe Call Now**

*for first responders and emergency personnel and their family members*

206-459-3020

[www.safecallnow.us](http://www.safecallnow.us)

available 24/7

call only

## for people who have experienced or witnessed negative contact with police or vigilantes

### **BlackLine**

*for people who have experienced negative, physical, or inappropriate contact with police and vigilantes, prioritizing the Black, Black, Brown, Native, and Muslim community*

1-800-604-5841

[www.callblackline.com](http://www.callblackline.com)

available 24/7

call only



for people who have experienced intimate partner,  
domestic, or sexual abuse or violence

**SafeLink Domestic Violence Hotline**

*for people impacted by domestic violence*

1-877-785-2020

<https://casamyrna.org/get-support/safelink/>

available 24/7

call only

**National Domestic Violence Hotline**

*for people impacted by domestic violence*

1-800-799-7233 (or text 88788)

[www.thehotline.org](http://www.thehotline.org)

available 24/7

call, text, or chat online

**RAINN National Sexual Assault Hotline**

*for people impacted by sexual violence*

1-800-656-4673 (or text 64673)

[www.rainn.org](http://www.rainn.org)

available 24/7

call, text, or online chat

**Childhelp National Child Abuse Hotline**

*for people impacted by child abuse*

1-800-422-4453

[www.childhelpline.org](http://www.childhelpline.org)

available 24/7

call, text, and online chat

**National Human Trafficking Hotline**

*for people impacted by human trafficking*

1-888-373-7888

[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

available 24/7

call and online chat

**loveisrespect Dating Abuse Helpline**

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