

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

available 24/7

call, text, or chat online

Samaritans Statewide Helpline

1-877-870-4673

www.samaritanshope.org

available 24/7

call or text

Crisis Text Line

text HOME to 741741

www.crisistextline.org

available 24/7

text only

Call 2 Call Statewide Helpline

508-532-2255

www.mass211.org/call2call

available 24/7

call only

for young people

Hey Sam

text 439-726

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

available 24/7

call or text

Teen Line

1-800-266-7883

www.teenlineonline.org/call-now

available 9 pm to 1 am EST

call or text

Youthline

1-877-968-8491

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/

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/

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

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/

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/

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/

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/

available 2 pm to 11 pm weekdays
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Trans Lifeline

1-877-565-8860

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/

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/

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

available 24/7

call only

Heal Black Helpline

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

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

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

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

available 24/7

call, text, or chat online

for first responders

Copline

for law enforcement officers

1-800-267-5463

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

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

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

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

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

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

available 24/7

call and online chat

loveisrespect Dating Abuse Helpline

for teens and young adults

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

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*for members of the LGBT+ community
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