

# 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

### 9-8-8 Suicide Prevention Lifeline

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

9-8-8 or 1-800-273-8255

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

### Crisis Text Line

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

text HOME to 741741

available 24/7, text only

### THRIVE Lifeline

*for people from underrepresented communities including people of color, LGBT+, neurodivergent, people with disabilities, and other marginalized identities*

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

text THRIVE to 313-662-8209

available 24/7, text only

### Samaritans Statewide Helpline

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

1-877-870-4673

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

### Call 2 Call Statewide Helpline

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

508-532-2255

available 24/7, call or text

## for young people

### Hey Sam

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

text 439-726

limited hours, text only

### Teen Line

[www.teenlineonline.org/call-now](http://www.teenlineonline.org/call-now)

1-800-266-7883

limited hours, call, text, or email

### LGBT National Youth Call Line

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

1-800-246-7743

limited hours, call, email, or chat online

### Your Life Your Voice

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

1-800-448-3000

available 24/7, call, text, or email

### Youthline

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

1-877-968-8491

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

### Trevor Lifeline for LGBT+ youth

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

1-866-488-7386

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

## loveisrespect Dating Abuse Helpline

*for teens and young adults*

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

1-866-331-9474

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

## for members of the LGBT+ community

### LGBT National Hotline

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

1-888-843-4564

limited hours, call, email, or chat online

### Trans Lifeline

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

1-877-565-8860

limited hours, call only

### National Coming Out Support Hotline

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

888-688-5428

limited hours, call, email, or chat online

### The Network/La Red Hotline

*for members of the LGBT+ community who are experiencing abuse by a partner*

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

1-800-832-1901

available 24/7, call only

### LGBT National Senior Hotline

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

1-888-234-7243

limited hours, call only

### Trevor Lifeline for LGBT+ youth

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

1-866-488-7386

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

### LGBT National Youth Call Line

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

1-800-246-7743

limited hours, call, email, or chat online

## for people of color

### THRIVE Lifeline

*for people from underrepresented communities including people of color, LGBT+, neurodivergent, people with disabilities, and other marginalized identities*

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

text THRIVE to 313-662-8209

available 24/7, text only

### BlackLine

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

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

1-800-604-5841

available 24/7, call only

### **StrongHearts Native Helpline**

*for Native Americans and Alaska Natives*

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

1-844-762-8483

available 24/7 call and online chat

for people experiencing distress related to disasters,  
mass violence, and infectious disease outbreaks

### **Disaster Distress Helpline**

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

1-800-985-5990

available 24/7, call or text

for people who have experienced or witnessed negative,  
physical, or inappropriate contact with police and vigilantes

### **BlackLine**

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

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

1-800-604-5841

available 24/7, call only

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

### **SafeLink Domestic Violence Hotline**

[www.casamyrna.org/get-support/safelink/](http://www.casamyrna.org/get-support/safelink/)

1-877-785-2020

available 24/7, call only

### **RAINN National Sexual Assault Hotline**

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

1-800-656-4673

available 24/7, call or online chat

### **National Domestic Violence Hotline**

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

1-800-799-7233

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

### **National Human Trafficking Hotline**

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

1-888-373-7888

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

**The Network/La Red Hotline**

*for members of the LGBT+ community who are experiencing abuse by a partner*

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

1-800-832-1901

available 24/7, call only

**StrongHearts Native Helpline**

*for Native Americans and Alaska Natives*

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

1-844-762-8483

available 24/7 call and online chat

**Childhelp National Child Abuse Hotline**

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

1-800-422-4453

available 24/7 call, text, and online chat

**loveisrespect Dating Abuse Helpline**

*for teens and young adults*

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

1-866-331-9474

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

**for current and former military service members****Veterans Crisis Line**

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

1-800-273-8255 (press 1)

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

**for law enforcement****Copline**

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

1-800-267-5463

available 24/7, call only

