CRISIS INTERVENTION AND SUPPORT

If you believe you’re in crisis—or know someone who is—

THERE IS HOPE. PLEASE GET HELP NOW.

Trained counselors are available around the clock from these organizations:

988 Lifeline: Dial 988
Substance Abuse and Mental Health Services Administration: 800-662-HELP (4357)
The Trevor Project: 866-488-7386
DeafLEAD Crisis Line: 321-800-3323

Other resources:
Call Blackline: 800-604-5841
Trans Lifeline: 877-565-8860
Warmlines Directory: Warmline.org