

Online and Telephonic Support Resources

National Suicide Hotline: 1-800-273-8255

National Youth Suicide Hotline: 1-800-621-4000

Warm Line: Source of Support for Individual's and families: 1-866-359-7953

Monday-Friday 8:00am-5:00pm, except on holidays

Trained Wellness Recovery Specialists offer support and assist with action planning

Crisis Text Line: Text CONNECT to 741741

Available 24/7 in the USA. A live, trained crisis counselor receives the text and responds quickly. Crisis Text Line is free support for those in crisis.

Veteran's Crisis Line: 1-800-273-8255

Online Chat Available: <https://www.veteranscrisisline.net/>

Text: 838255

Support for deaf and hard of hearing: 1-800-799-4889

Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves. This free support is confidential, available 24/7, and serves all veterans, service members, National Guard and Reserve, and their families and friends.

YouthLine --1-877-968-8491

Chat online: <https://oregonyouthline.org/get-help/>

Text teen2teen to 839863

A free 24-hour crisis, support, and helpline for youth.

YouthLine is a peer-to-peer youth crisis and support service provided by [Lines for Life](#)—a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national [helpline](#) that provides crisis support and referrals via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times. YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide. It is confidential, anonymous, they will follow-up with callers with their permission.

TEEN LINE | Teens Helping Teens - Connect, talk, get help!

<https://teenlineonline.org/>

Text: TEEN to 839863

They also have an app

Our Teen Listeners have a special ability to understand and empathize with callers because they are teens themselves. Resource Associates, our volunteer mental health professionals, provide on-site supervision and support to the Teen Line Listeners, particularly important after a difficult call. Teen Line is a confidential hotline for teenagers which operates every evening from 8:00pm to 12:00pm CST. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! The Teen Line volunteers who answer the calls, emails and texts are Southern California teenagers who have received specialized training. They won't judge you or give advice – their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions.

Trevor Project Hotline (LGBTQ+): 1-866-488-7386

Text line: Text "START" to 678678

Online chat available: <https://www.thetrevorproject.org/>

Trans Lifeline's Peer Support Hotline: 1-877-565-8860

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

IMALive is a free, confidential and secure online chat service. All chats are answered by trained volunteers. Our focus is suicide intervention, prevention, awareness and education. We provide help and hope through online crisis chat, college campus and high school events and other educational programs.

<https://www.depression-chat-rooms.org/>

This website is dedicated to depression and anxiety peer support. The main forms of communication we offer are via our supportive Depression Chat Rooms, Depression Forums and our Depression Blog section.

<https://www.7cups.com/bored-lonely-chat-room/>

Looking for what to do when you're lonely and sad, or looking for a bored and lonely (or depressed) chat room? You're not alone! There are so many others out there feeling the same way. 7 Cups has compassionate people like yourself who are available 24/7 to chat and support you. Regardless of where you're at or what you're feeling, we have a home for you here.

SAMHSA (Substance Abuse and Mental Health Services Administration)

National Helpline for Substance use issues and treatment referrals: 1-800-662-4357

Illinois Helpline for Opioids & Other Substances: 1-833-2FINDHELP or visit HelplineIL.org

For information, support, and a connection to services

<http://www.smartrecovery.org/srol-2/>

SMART Recovery Online (SROL) is an online community where individuals with addiction, their Family & Friends, and other specialized audiences can interact with SMART Recovery volunteers and each other to aid in overcoming addiction.

SROL can be a meaningful resource for individuals who might not have access to local face-to-face meetings for a variety of reasons. All participation on SROL is anonymous and optional (encouraged, but not required). Our online community provides 24/7 access to recovery related resources so that you are able to find support when you need it.

National Domestic Violence Hotline: Anyone who is experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member or loved one can call the National Domestic Violence Hotline (NDVH) 24 hours a day, seven days a week.

They offer support in more than 200 languages, and offer a confidential, secure online chat.

1-800-799-7233 or TTY 1-800-787-3224

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

Text LOVEIS to 22522