

If You or Someone You Know Needs Help

If you are experiencing a crisis, these resources are free, confidential, and available 24/7.

Suicide & Crisis Support

- 988 Suicide & Crisis Lifeline: Call or text 988
- Crisis Text Line: Text HOME or HOLA to 741741

Addiction & Recovery

- SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration): Call 1-800-662-HELP (4357) — free, confidential treatment referral and information, 24/7
- Alcoholics Anonymous: aa.org
- Narcotics Anonymous: na.org

Trauma & Abuse

- National Domestic Violence Hotline: Call 1-800-799-SAFE (7233) or text START to 88788
- RAINN (Rape, Abuse & Incest National Network): Call 1-800-656-HOPE (4673) or text HOPE to 64673
- Childhelp National Child Abuse Hotline: Call or text 1-800-422-4453

Mental Health Support

- NAMI Helpline (National Alliance on Mental Illness): Call 1-800-950-6264 or text NAMI to 62640