

# Teen Crisis & Help Services

**\*If you need emergency help NOW, please call 9-1-1.\***

*The numbers listed below offer confidential support and/or information. Many of the services are free. Please check individual websites for additional services, including online chats. Don't worry, someone will help you!*

## **National Suicide Prevention Lifeline: 1-800-273-8255**

Free, confidential support for people in distress, prevention & crisis resources, and best practices for professionals.

Available 24/7

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

## **Crisis Text Line: Text HOME to 741741**

Serving anyone, in any type of crisis. A live, trained Crisis Counselor will respond from a secure platform and will provide support and information.

Available 24/7

[crisistextline.org](https://crisistextline.org)

## **National Eating Disorder Helpline: 1-800-931-2237**

Support, resources, and treatment options for yourself or a loved one.

Phone hours are Mon-Thurs 11 Am - 9 PM Eastern Time, and Friday 11 AM - 5 PM Eastern Time.

[nationaleatingdisorders.org/help-support/contact-helpline](https://nationaleatingdisorders.org/help-support/contact-helpline)

## **National Runaway Safeline: 1-800-786-2929**

A non-judgmental, trained staff member will listen to your story & provide support. Calls are personal and private.

Available 24/7

[1800runaway.org](https://1800runaway.org)

## **National Sexual Assault Hotline: 1-800-656-4673**

Calling can give you access to many free services including confidential support from a trained staff member, resources, referrals, information about your community laws, and more.

Available 24/7

[rainn.org](https://rainn.org)



**Teen Dating Abuse Helpline: 1-866-331-9474 or Text LOVEIS to 22522**

Connect safely and anonymously to trained peer advocates who provide support, safety tips, and referrals.

*Available 24/7*

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

**Trans Lifeline: 1-877-565-8860**

Peer support hotline run by and for trans people. Trans Lifeline connects trans people to the community, support, & resources they need to survive and thrive.

*Available 10 AM - 4 AM Eastern Time / 9 AM - 3 AM Central Time / 7 AM - 1 AM Pacific Time. Volunteers may be available during off hours.*

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

