

Support Resources: Crisis Lines

988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline is a free, direct connection to confidential support for anyone in crisis – 24/7, 365 days a year.

If you need to talk, the 988 Lifeline is here. At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

988 LIFELINE

- Call or text 988
- <https://988lifeline.org/>

National Domestic Violence Hotline

The National Domestic Violence Hotline provides essential tools and support 24 hours a day, seven days a week, 365 days a year to help survivors of domestic violence so they can live their lives free of abuse.

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

NATIONAL DOMESTIC VIOLENCE HOTLINE

- Call 1.800.799.SAFE (7233)
- Text "START" to 88788
- <https://www.thehotline.org/>



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