

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org/>

1-800-273-TALK (8255), TTY: 1-800-799-4889, Spanish: 1-888-628-9454, online chat

This free and confidential national crisis line is for anyone who needs emotional support, and is available by phone 24 hours a day, 7 days a week and via online chat from 2 p.m. to 2 a.m.

Crisis Text Line

<http://www.crisistextline.org/>

Text "HOME" to 741-741

****In PA text "PA" to 741-741**

The Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. Trained specialists are available 24 hours a day, 7 days a week.

Trevor Project

<http://www.thetrevorproject.org/>

Trevor LifeLine: 24-hour toll-free suicide hotline at 1-866-488-7386

TrevorChat: online crisis chat six hours a day at www.thetrevorproject.org/chat

TrevorText: Fridays late afternoon to early evening. Text "Trevor" to 202-304-1200.

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24.

Trans Lifeline

<http://www.translifeline.org/>

1-877-565-8860

Trans Lifeline is a hotline primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender.

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

1-800-273-8255 and Press 1

Chat: <https://www.veteranscrisisline.net/get-help/chat>

Text: 838255