

SUICIDE PREVENTION RESOURCE GUIDE

Free, confidential help is available 24/7 — You are not alone. If you or someone you know is in immediate danger, call 911.

■ SECTION 1 — IMMEDIATE CRISIS SUPPORT

■ **EMERGENCY: If life is in immediate danger — Call 911 or go to your nearest Emergency Room**

Organization	Phone	Text	Chat / Web
988 Suicide & Crisis Lifeline	Call or Text: 988	Text 988 (English) Text AYUDA to 988 (Spanish)	988lifeline.org Chat available 24/7
Veterans Crisis Line	Call 988 then press 1	Text 838255	veteranscrisisline.net No VA enrollment needed
Crisis Text Line	N/A	Text HOME to 741741 Text HOLA to 741741 (Spanish)	crisistextline.org WhatsApp: (443) 787-7678
Disaster Distress Helpline	1-800-985-5990	Text 1-800-985-5990	samhsa.gov/disaster-preparedness
SAMHSA National Helpline	1-800-662-4357	—	findtreatment.gov 24/7, free, confidential
988 Deaf/Hard of Hearing	Dial 711, then 988	—	988lifeline.org/deaf-hoh ASL videophone available

■■■■ SECTION 2 — LGBTQ+ SUPPORT

Organization	Phone	Text	Chat / Web
The Trevor Project (LGBTQ+ Youth, under 25)	1-866-488-7386	Text START to 678-678	thetrevorproject.org TrevorChat 24/7
Trevor Project – Deaf/HoH	TTY: 1-866-803-3699	—	thetrevorproject.org
Trans Lifeline	1-877-565-8860	—	translifeline.org Run by & for trans people
GLBT National Hotline	1-888-843-4564	—	glbthotline.org Peer-support M–F 4pm–12am ET
GLBT Youth Talkline (under 25)	1-800-246-7743	—	glbthotline.org/talkline M–F 4pm–12am ET
988 Lifeline – LGBTQ+	988	Text 988	988lifeline.org/lgbtq-support-now-available

■ SECTION 3 — YOUTH SUPPORT

Organization	Phone	Text	Chat / Web
Crisis Text Line (Youth)	N/A	Text HOME to 741741	<i>crisistextline.org 24/7, free, confidential</i>
988 Lifeline (All Ages)	Call or Text: 988	Text 988	<i>988lifeline.org</i>
Boys Town National Hotline	1-800-448-3000	Text VOICE to 20121	<i>yourlifeyourvoice.org 24/7 for youth & parents</i>
Teen Line (teens helping teens)	1-800-852-8336	Text TEEN to 839863	<i>teenlineonline.org M–Su 6pm–10pm PT</i>
Kids Help Phone (Canada)	1-800-668-6868	Text CONNECT to 686868	<i>kidshelpphone.ca 24/7 for ages 5–29</i>
Childhelp National Child Abuse Hotline	1-800-422-4453	—	<i>childhelp.org 24/7 crisis intervention</i>

■ SECTION 4 — INTERNATIONAL HOTLINES

For a complete, location-specific directory, visit: findahelpline.com | International Association for Suicide Prevention: iasp.info/resources/Crisis_Centres/

Country / Region	Hotline	Country / Region	Hotline
Canada	988 (call or text) 988.ca	UK / Ireland	116 123 (Samaritans) samaritans.org
Australia	13 11 14 (Lifeline) lifeline.org.au	New Zealand	1737 (free call or text) 1737.org.nz
Germany	0800 111 0 111 (TelefonSeelsorge) telefonseelsorge.de	France	3114 (national crisis line) 3114.fr
Ireland (Pieta)	1800 247 247 pieta.ie	Netherlands	0900 0113 (113 Zelfmoord) 113.nl
Japan	03-5774-0992 (TELL, English) telljp.com	South Korea	1393 (Suicide Prevention) —
India	iCall: 9152987821 icallhelpline.org	China	Beijing: 010-8295-1332 Shanghai: 021-6438-7250
Brazil	188 (CVV) cvv.org.br	Argentina	135 (CABA) / (011) 5275-2085 —
Mexico	55 5259-8121 (SAPTTEL) saptel.org.mx	Colombia	106 (Línea 106, Bogotá) —
South Africa	0800 567 567 (SADAG) sadag.org	Israel	1201 (ERAN) eran.org.il
Spain	024 (Línea de la Vida) — 24/7	Italy	800 86 00 22 (Samaritans) samaritansonlus.org
Hong Kong	2382 0000 (Samaritans HK) samaritans.org.hk	Singapore	1767 (SOS) sos.org.sg
Sweden	90101 (Mind Självmodslinjen) mind.se	Switzerland	143 (Die Dargebotene Hand) 143.ch

■ SECTION 5 — MENTAL HEALTH ORGANIZATIONS & ONGOING SUPPORT

Organization	Phone	Text	Chat / Web
NAMI HelpLine (not a crisis line)	1-800-950-6264	Text NAMI to 62640	<i>nami.org M–F 10am–10pm ET</i>
Mental Health America	—	Text MHA to 741741	<i>mhanational.org Screening tools & resources</i>

AFSP – American Foundation for Suicide Prevention	—	—	<i>afsp.org</i> Education, advocacy, research
SAMHSA Behavioral Health Treatment Locator	1-800-662-4357	—	<i>findtreatment.gov</i> 24/7, free, confidential
Psychology Today Therapist Finder	—	—	<i>psychologytoday.com/us/therapists</i>
Open Path Collective (low-cost therapy)	—	—	<i>openpathcollective.org</i> Sessions from \$30–\$80
National Domestic Violence Hotline	1-800-799-7233	Text START to 88788	<i>thehotline.org</i> 24/7, 200+ languages

■ SECTION 6 — SURVIVOR SUPPORT (Loss by Suicide)

<i>Organization</i>	<i>Phone</i>	<i>Text</i>	<i>Chat / Web</i>
AFSP Healing Conversations (peer support for survivors)	—	—	<i>afsp.org/loss</i> Free 1-on-1 peer support
Alliance of Hope for Suicide Loss Survivors	—	—	<i>allianceofhope.org</i> 24/7 online forum
SAVE – Suicide Awareness Voices of Education	952-946-7998	—	<i>save.org</i> Support groups & survivor resources
TAPS – Tragedy Assistance Programs for Survivors	1-800-959-8277	—	<i>taps.org/suicide</i> Military survivor support
The Compassionate Friends (child loss)	1-877-969-0010	—	<i>compassionatefriends.org</i> National support groups
American Association of Suicidology	202-237-2280	—	<i>suicidology.org</i> Professional training & survivor resources
Sibling Survivors of Suicide Loss	—	—	<i>siblingsurvivors.com</i> Peer community for siblings

■ Online Chat & Text-Only Services

• **IMAlive** (online chat): *imalive.org* • **7 Cups** (peer & professional support): *7cups.com* • **Crisis Text Line Chat**: *connect.crisistextline.org* • **988 Chat**: *988lifeline.org/chat* • **Shout (UK text line)**: Text SHOUT to 85258 • **Crisis Text Line Canada**: Text 686868

This resource guide is intended for informational purposes only and does not constitute medical advice. Numbers verified September 2026. Please confirm current numbers at each organization's official website. In a life-threatening emergency, always call 911 first.

Key sources: *988lifeline.org* | *crisistextline.org* | *thetrevorproject.org* | *nami.org* | *afsp.org* | *samhsa.gov* | *findahelpline.com*