

## Text/Texting Support

### 1. Seize the Awkward - **Crisis Text Line (24/7)**

- Text 'Seize' to 741741 - <https://seizetheawkward.org/#get-help> - Talking to your friend about mental health can be scary - but reaching out when you're feeling down or when you see a friend struggling can make a huge difference.

### 2. Sound Vision - **Muslim Crisis Text Line (24/7)**

- Text 'Salam' to 741741 - <https://www.soundvision.com/crisisline> - Sound Vision would like to see Muslims achieve their full potential as dynamic

and creative individuals, who are comfortable with themselves and their environment. 3.

### Steve Fund - **Crisis Text Line for Persons of Color (24/7)**

- Text 'Steve' to 741741 - <https://www.crisistextline.org/steve-fund> - Because the mental health and well-being of people of color matters.

### 4. Sarah's Inn - **Crisis Text Line for Victims of Abuse (24/7)**

- Text **708-792-3120** - <https://sarahsinn.org/find-help/> - To improve the lives of those affected by domestic violence and to break the

cycle of violence for future generations. If you are deaf or hard of hearing, or are not in need of an immediate response and prefer texting, you can also send a text message to our text line at 708-792-3120. We will respond to your text within 24 hours.

### 5. Youthline - **Teen Crisis Text Line**

- TEXT 'teen2teen' to 839863 - <https://oregonyouthline.org> - YouthLine is a peer-to-peer youth crisis and support service provided by Lines for

Life—a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national helpline that provides crisis support and referrals via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pmPST and by adults at all other times.

### 6. Naseeha - **Muslim Youth Confidential Text Line**

- Text **866-627-3342** (M-F 12pm-9pmEST) - <https://naseeha.org/contact-us/> - Naseeha provides the Muslim Community with the tools needed to address mental

health. Being the first line of contact, we provide confidential counseling services. We empower individuals to establish clear action plans, which may include referrals to local professionals, in order to help people help themselves. 7. The Trevor Project - **LGBTQ Crisis Text Line**

- Text 'Start' to 678678 - <https://www.thetrevorproject.org/> - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. 8. Veterans Crisis Line - **Text Message Support (24/7)**

- Text your message to 838255 - <https://www.veteranscrisisline.net> - Connect with the Veterans Crisis Line to reach caring, qualified responders with the

Department of Veterans Affairs. Many of them are Veterans themselves. 9. Crisis Text Line - Live Text Support (24/7)

- Text 'HOME' to 741741 - <https://www.crisistextline.org> - Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

10. Apna Ghar - **Immigrant and Refugee Gender Violence Crisis Text Line (24/7)**

- Text (773) 899-1041 - <http://www.apnaghar.org> - Anna Ghar provides holistic services and conducts outreach and advocacy across immigrant communities to end gender violence.

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## **Phone Helpline/Hotline Support**

1. Institute on Aging - **Friendship Hotline for Seniors (24/7)**

- 800-971-0016 - <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line> - Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. While there are other organizations that respond to the needs of people who may be contemplating suicide, none provides the type of services that IOA's Friendship Line offers to respond to the public health problem of suicide among the elderly.

2. Senior Living - **Senior Helpline and Elder Care Hotline**

- [866-901-4858](tel:866-901-4858) - <https://www.seniorliving.org/care/helpline/> - A senior helpline is a toll-free calling service that allows seniors and caregivers to

learn more about senior living services. We have established our senior helpline to provide a wealth of information. Callers can learn how to find senior living centers, information about paying for senior care, and how to find support for seniors. Our helpline is available daily from 4 am to 8 pm Pacific Daylight Time (PDT).

3. YouthLine Phone Hotline - **24/7 Over the Phone Teen Crisis Support**

- [877-968-8491](tel:877-968-8491) - <https://oregonyouthline.org> - YouthLine is a peer-to-peer youth crisis and support service provided by Lines for

Life—a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national helpline that provides crisis support and referrals via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pmPST and by adults at all other times.

4. National Parent Helpline - **Phone Support (Weekdays Only)**

- [855-427-2736](tel:855-427-2736) - <http://www.nationalparenthelpline.org> - Being a parent is a critically important job, 24 hours a day. It's not always easy.

Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent.

5. SAMHSA - **Natural/Human Disaster Support Helpline (24/7)**

- [800-985-5990](tel:800-985-5990) - <https://www.samhsa.gov/find-help/national-helpline> - SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

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6. SAMHSA - **TTY Natural/Human Disaster Support for Deaf/Hard of Hearing (24/7)**

- [800-846-8517](tel:800-846-8517) - <https://www.samhsa.gov/find-help/national-helpline> - SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

7. Chicago Dept. of Public Health - **Covid 19 & CoronaVirus Hotline**

- [708-633-3319](tel:708-633-3319) - The hotline will be staffed 9 a.m. to 4 p.m. Monday through Friday.

8. Wings Program - **Domestic Violence Phone Helpline (24/7)**

- [847-221-5680](tel:847-221-5680) - <https://wingsprogram.com> - The mission of WINGS Program, Inc. is to provide housing, integrated services,

education and advocacy to end domestic violence.

9. Northshore Health System - **Mom's Phone Helpline (24/7)**

- [866-364-6667](https://www.northshore.org/maternal-health/before-and-after-delivery/perinatal-depression/) - <https://www.northshore.org/maternal-health/before-and-after-delivery/perinatal-depression/> - At NorthShore we care about the total wellness of new and expectant mothers, including both physical and emotional health. Having a baby can be a joyous time; it can also be a time when some women both during and after birth experience symptoms of depression and mood swings. If you are someone you know is experiencing any of these symptoms, know that help is available. For residents of Illinois, we have a free, confidential 24-hour hotline—1.866.364.MOMS (866.364.6667) —to help you find the information, support and resources you need to get better.

10. National Suicide Prevention Lifeline - **Crisis Support Over the Phone (24/7)**

- [800-273-8255](https://suicidepreventionlifeline.org/) - <https://suicidepreventionlifeline.org/> - The National Suicide Prevention Lifeline is a leader in suicide prevention and mental health crisis care. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention for all, including innovative public messaging, best practices in mental health, and groundbreaking partnerships.

11. National Suicide Prevention Lifeline - **Ayuda En Español: Phone Support (24/7)**

- [888-628-9454](https://suicidepreventionlifeline.org/) - <https://suicidepreventionlifeline.org/> - Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Tenemos actualmente 170 centros en la red y usted hablará probablemente con uno situado en su zona.

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Cada centro funciona en forma independiente y tiene su propio personal calificado. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.

12. Trans Lifeline - **Phone Hotline Support (24/7)**

- [877-565-8860](https://www.translifeline.org/) - [https://www.translifeline.org](https://www.translifeline.org/) - Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Our operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call us. We will do our best to support you and provide you resources.

13. Apna Ghar - **Immigrant and Refugee Gender Violence Crisis Hotline (24/7)**

- [773-334-4663](http://www.apnaghar.org/) - [http://www.apnaghar.org](http://www.apnaghar.org/) - Anna Ghar provides holistic services and

conducts outreach and advocacy  
across immigrant communities to end gender violence.

14. Veteran's Crisis Line - **Phone Hotline Support (24/7)**

- [800-273-8255](tel:800-273-8255) - <https://www.veteranscrisisline.net> - Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

15. National Suicide Prevention Lifeline - **TTY Hotline for Deaf & Hard of Hearing**

- [800-799-4889](tel:800-799-4889) - <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/> - Our network of crisis centers offers many services for people who are deaf and

hard of hearing, including veterans. 16. National Eating Disorder

Association - **Phone Helpline Support**

- [800-931-2237](tel:800-931-2237) - <https://www.nationaleatingdisorders.org/help-support/contact-helpline> - The NEDA Helpline is available Monday-Thursday from 9AM to 9PM ET, and Friday from 9AM to 5PM ET. Contact the Helpline for support, resources and treatment options for yourself or a loved one.

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17. The Trevor Project - **Youth LGBTQ Crisis Support over the Phone (24/7)**

- [866-488-7386](tel:866-488-7386) - <https://www.thetrevorproject.org/> - The Trevor Project is the leading national organization providing crisis

intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. The Trevor Project is determined to end suicide among LGBTQ youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone. 18. LGBT National Help Center - **National**

**Phone Hotline**

- [888-843-4564](tel:888-843-4564) - <https://www.glbthotline.org/youth-talkline.html> - The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. Monday thru Friday from 1pm to 9pm, pacific time (Monday thru Friday from 4pm to midnight, eastern time) Saturday from 9am to 2pm, pacific time (Saturday from noon to 5pm, eastern time. 19. RAINN - **National Sexual Assault Telephone Hotline (24/7)**

- [800-656-4673](https://www.rainn.org/about-national-sexual-assault-telephone-hotline) - <https://www.rainn.org/about-national-sexual-assault-telephone-hotline> - When you call 800.656.HOPE (4673), you'll be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider. 20. National Domestic Violence Hotline - **Support over the Phone (24/7)**

- [800-799-7233](https://www.thehotline.org) - <https://www.thehotline.org> - At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

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21. National Domestic Violence Hotline - **TTY Deaf & Hard of Hearing Support (24/7)**

- [800-787-3224](https://www.thehotline.org/help/deaf-services/) - <https://www.thehotline.org/help/deaf-services/> - At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

22. National Alliance on Mental Illness (NAMI) - **Chicago Helpline over the Phone**

- [833-626-4244](https://namichicago.org/en/home/) - <https://namichicago.org/en/home/> - The NAMI Chicago Helpline supports individuals, families, professionals, and

community members in understanding and navigating the system of mental health.

## Online Chat Support

1. National Eating Disorders Association (NEDA) Chat Support - **Online Chat Support** - <https://www.nationaleatingdisorders.org/help-support/contact-helpline> - 800-931-2237 - NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. Whether you have been personally affected by an eating disorder or care about someone who has, NEDA's programs and services are designed to help you find the help and support you need. Recovery is possible and we're here to support you!
  
2. National Suicide Prevention Chat Now Crisis Support - **24/7 Live Chat Support (Online)** - <https://suicidepreventionlifeline.org/chat/> - 800-273-8255 - The National Suicide Prevention Lifeline is a leader in suicide prevention and mental health crisis care
  
3. National Domestic Violence Hotline - **Live Chat Support (Online)** - <https://www.thehotline.org/what-is-live-chat/> - 800-799-7233 - Reaching out for help can be intimidating, especially if you've never spoken to anyone about the abuse before. Sometimes it's hard to describe how you're feeling out loud. If you're ready to seek help but don't feel comfortable talking with an advocate on the phone, or if it's not safe for you to call, now there's another option.
  
4. Veterans Crisis Line - **Live Online Chat 24/7** - <https://www.veteranscrisisline.net/get-help/chat> - 800-273-8255 - Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.
  
5. Deaf, Hard of Hearing, Hearing Loss - **Chat Help / Helpline (Online / TTY)** - <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/> - 800-273-8255 - Our network of crisis centers offers many services for people who are deaf and hard of hearing, including veterans.