

National Emergency Resources

If your patient is experiencing a medical emergency or crisis please call 911.

988: Suicide & Crisis Lifeline

- Emergency Number: 988 or 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio - 1-888-628-9454)
- Website: [988 Suicide & Crisis Lifeline](#)
- [Direct Chat](#)
- Resources/ Recommended Best Practices: [Best Practices](#)

Crisis Text Line

- Text HOME to 741741
- [Resources](#)

National Alliance of Mental Health

- Call 1-800-950-NAMI (6264)
- Text: 62640
- Chat: nami.org/help
- Email: helpline@nami.org
 - Hours: Monday-Friday 10am-10pm ET
- [Warmline Directory](#)
 - Peer support directory
- [Support Groups](#)
- [Resources](#)



SAMHSA– Substance Abuse and Mental Health Services Administration

- **National Helpline:**

- Call: 1-800-662-HELP (4357)
- Text your zip code to 435748
 - Free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish

- **Disaster Distress Helpline:**

- Call or text 1-800-985-5990
 - Crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- Website: [Disaster Distress Resources](#)

Veterans Crisis Line

- Call: 988 then press 1
- Text: 838255

National Sexual Assault Hotline

- Call: 1-800-656-HOPE (4673)

National Domestic Violence Hotline

- Call: 1-800-799-SAFE (7233)

Childhelp National Child Abuse Hotline

- Call: 1-800-422-4453



LGBT National Hotline

- Call 888-843-4564
- Youth Line (under 25) Call: 800-246-7743
- Senior Line (over 50) Call: 888-234-7243
- Chat: [LGBT National Online Peer-Support Chat](#)

The Trevor Project For LGBTQ young people, 13-24

- Call: 1-866-488-7386
- Text: 'START' to 678678
- Direct Chat: The Trevor Project [Chat Feature](#)

Trans Lifeline

- (877) 565-8860

Postpartum Support International HelpLine

- Call: 1-800-944-4773

National Maternal Mental Health Hotline

- Call: 1-833-9-HELP4MOMS (1-833-943-5746)

National Grad Crisis Line (for graduate students)

- Call: 1-877-GRAD-HLP (472-3457)



Call BlackLine

- Call or Text 1-800-604-5841
 - [BlackLine](#) provides a space for peer support, counseling, witnessing and affirming the lived experiences to folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
 - Call BlackLine® prioritizes BIPOC [Black, Indigenous and People of Color])

American Cancer Society

- Call: 1-800-227-2345

Alzheimer's Association

- Call: 1-800-272-3900

National Cancer Institute Smoking Quitline

- 1-877-44U-QUIT (8-7848)
 - Hours: Monday-Friday 9am-9pm ET

National Alliance for Eating Disorders

- Call: 866-662-1235 or
- Email: info@allianceforeatingdisorders.com
 - Hours: Monday-Friday 9am-5:30pm EST

[HIV Consultation and Referral Services](#)

[Blink Health](#)

- mail order pharmacy offering affordable prices for medication.

*Updated As of: December 2022

