

# Mental Health Hotlines and Resources for Teens

---

## General Emergency Services

Call or text 911.

## 988 Suicide and Crisis Lifeline

Call or text 988 or chat [988lifeline.org](https://988lifeline.org) for free and confidential support for people in distress. For TTY Users: Use your preferred relay service or dial 711 then 988.

## LOVEIS: National Dating Abuse Helpline

Call 866-331-9474, text "LOVEIS" to 22522, or use TTY: 800-787-3224 to access 24/7 support if you or someone you know may be experiencing or is at risk for dating abuse. Remember that dating abuse is a pattern of behaviors used to gain or maintain power and control over a partner — physical violence is just one example of dating abuse.

## National Human Trafficking Hotline

Call 888-373-7888 or text "HELP" to 233733 for 24/7, confidential support if you or someone you know may be a victim of human trafficking. TTY: 711

## National Runaway Safeline

Call 800-786-2929 (800-RUNAWAY) or text 66008 for 24/7 confidential and non-judgmental support for youth considering running away from their living situation.

## SAMHSA's National Treatment Referral Routing Service

Call 800-662-4357 (800-662-HELP) or text your zip code to 435748 (HELP4U) or use TTY: 800-487-4889 for free, confidential, 24/7 treatment referrals and information services (in English and Spanish) for individuals and families facing mental or substance use disorders.

## StrongHearts Native Helpline

Call 844-762-8483 (844-7NATIVE) to access a free, confidential and anonymous, culturally appropriate 24/7 domestic, dating and sexual violence helpline for Native Americans.

## The Trevor Project

Call 866-488-7386 or text 678678 for 24/7 free and confidential support for LGBTQ youth. The Trevor Project provides trained counselors for young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

