

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 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.

