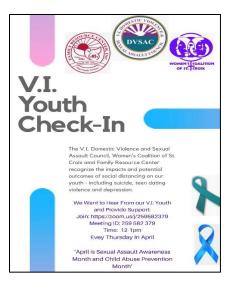
c, U.S. Virgin Islands 00820-4665 Tel: (340) 692-8196 Ext. 7701



Crisis Hotlines

- 1. VI Youth Check-In Every THURSDAY in April
- ➤ Join: https://zoom.us/j/259582379
- Meeting ID: 259 582 379
- ➤ Time: 12:00p 1:00p
- 2. National Alliance on Mental Illness www.nami.org
- **▶** 1-800-950-6264
- 3. Not Ok App www.notokapp.com
 - ➤ Started by teens
 - > Allows trusted supports to be connected by the teen when they are in distress
 - ≻Free
- 4. Crisis Text Line www.crisistextline.org
 - ➤ Text Home to 24/7Crisis Counselor
 - > Text Line 741741
 - > Free
 - How It Works

Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

- 5. Trevor Project www.thetrevorproject.org
 - ➤Text START to 678678
 - **>**1-866-488-7386
 - ➤ LGBTQ support line trained counselors
 - > Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at 1-866-488-7386.
- 6. Suicide Prevention Hotline https://suicidepreventionlifeline.org
 - > 1-800-273-TALK (8255)
 - > 1-866-488-7386 (LGBTQ trained)
 - 1-800-799-4889 (Deaf or Hard of Hearing)
 - > 1-888-628-9454 (Spanish)
 - Substance Abuse Mental Health Disaster and Distress Hotline 1-800-985-5990
 - > Text TALK WITH US to 6676
 - **>** 2-1-1