



## 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](http://www.nami.org)

- 1-800-950-6264

### 3. Not Ok App – [www.notokapp.com](http://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](http://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](http://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