

# Resources

## **Teen Line:**

Call **1-800-852-8336** (from 6 p.m. to 10 p.m. PST)

Text **TEEN** to **839863** (from 6 p.m. to 9 p.m. PST)

Offering anonymous support for teenagers by phone, text or email. No problem is too small, too large, or too shocking for the trained Teen Line volunteers.

## **Crisis Text Line:**

Text **HOPE** to **741-741**

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

## **National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255)**

A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

## **Trans Lifeline:**

**877-565-8860**

A 24/7 lifeline run by and for trans people, providing direct emotional and financial support to trans people in crisis.

## **The Trevor Lifeline:**

**866-488-7386**

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.