

Outside Resources

988 Suicide & Crisis Lifeline – [Dial](#) or [text](#) 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.

988 is the new, shorter phone number that will make it easier for people to access mental health crisis services.

Crisis Text Line – Text HOME to [741-741](#)

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline – Call [800-799-SAFE](#) (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – Call [800-656-HOPE](#) (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.