

General Mental Health:

- National Alliance on Mental Health (NAMI): 1-800-950-NAMI (6264)
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- Crisis Text Line: Text SUPPORT to 741-741
- HelpLine: Dial 211 or text your zip code to 898-211
 - Connection to local community resources

Domestic and Sexual Abuse Focused:

- Rape Abuse and Incest National Network (RAINN): 800-656-HOPE; 800-810-7440 (TTY)
- National Domestic Violence Hotline: 800-799-SAFE (7233)
- National Sexual Assault Hotline: 800-656-HOPE (4673)

Substance Abuse Focused:

- SAMHSA National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889
 - English and Spanish, 24-hour availability
 - Offers referrals for treatment facilities, support groups, etc. in your area
- Al-Anon and Ala-teen Hotline: 800-356-999
 - For families affected by another family member's substance use disorder
- PA Free Quitline: 1-800-QUIT-NOW (784-8669)
 - For those trying to quit using tobacco

LGBTQ+ Focused:

- Trevor Project: 866-488-7386
- GLBT National Hotline: 888-843-4564
- GLBT National Youth Talk-line (until age of 25): 800-246-7743
- Trans Lifeline: 877-565-8860
- Pride Institute: 800-547-7433
 - Chemical dependency/mental health referrals & information for LGBTQ+ community)
- SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428)
- Senior Hotline (for ages LGBTQ+ individuals 50+): 888-234-7243

Additional Hotlines:

- Veterans Crisis Line: 800-273-8255, press 1
- National Eating Disorder Association: 1-800-931-2237