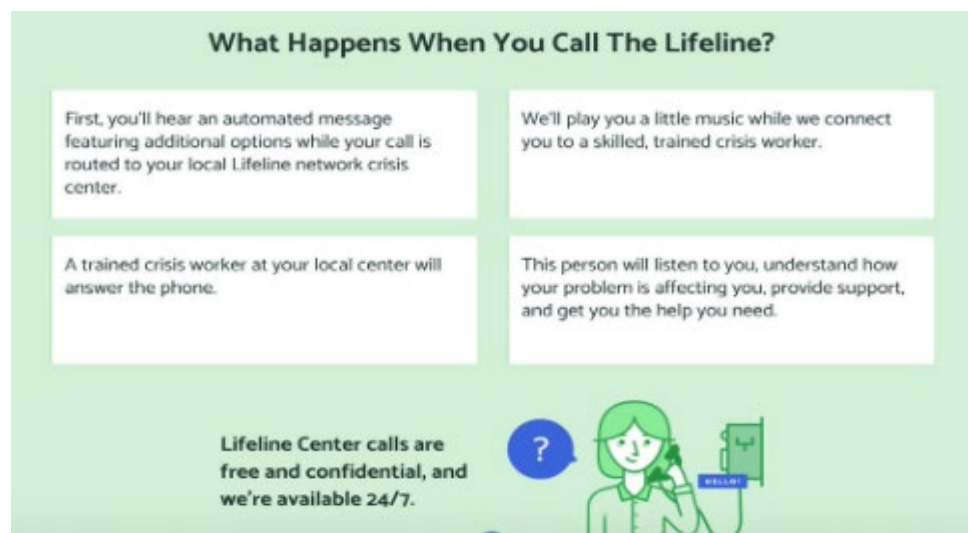


## Suicide Prevention & Mental Health Hotlines

- Suicide Prevention Lifeline: 1-800-273-TALK (8255), or dial 911 in case of violent situation, emergency or life-threatening situation.
- Text TALK to 741741 for the Crisis Text Line.
  - Your number will come up as anonymous and there's an option to erase the conversation and remove it from the system.
  - To learn more about what will happen when you call the Suicide Prevention Lifeline, you can read this interview with their director: <https://www.usatoday.com/story/news/2018/09/10/suicide-hotline-national-suicide-prevention-lifeline-what-happens-when-you-call/966151002/>



- Call the Spanish-language Lifeline at 1-888-628-9454. *Si hablas español, llama a 1-888-628-9454. Lifeline ofrece 24/7, gratuito servicios en español.*
- Veterans Crisis Line by sending a text message to 838255
- RAINN National Sexual Assault Hotline: 1-800-656-HOPE (4673), for confidential crisis support.
- SAMHSA Treatment Referral Hotline: 1-800-662-HELP (4357), for free, confidential support for substance abuse treatment.
- Hearing/Speech Impaired (TTY) 1-800-799-4889
- Whatcom County Behavioral Health Triage Center: 1-800-584-3578
- Compass Health Crisis Prevention/Intervention Team: 1-360-752-4545



## Youth-specific

### **The Trevor Project** ([www.thetrevorproject.org](http://www.thetrevorproject.org))

- Founded in 1998, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
  - Call 1-866-488-7386
- TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages.
  - Text START to 678678.

**Teen Line** is a confidential hotline for teenagers which operates every evening from 6:00pm to 10:00pm PST. If you have a problem or just want to talk with another teen who understands, you can

- call 800-TLC-TEEN (852-8336)
- text by texting "TEEN" to 839863
- email via their website at [teenlineonline.org](http://teenlineonline.org).

Teen Line also offers message boards, resources and information.

The Teen Line volunteers who answer the calls, emails and texts are Southern California teenagers who have received specialized training. They won't judge or give advice – their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions.

**Your Life Your Voice Teen and Young Adult Hotline:** 1-800-448-3000. 24 hour confidential teen/young adult hotline

\*\*for a list of resources curated by the Mental Health First Aid USA, visit:

<https://www.mentalhealthfirstaid.org/mental-health-resources/>