

Emergencies

Visit the nearest [hospital](#) or call [9-1-1](#)

National Suicide Prevention Lifeline

Call: 1-800-273-8255

Text ANSWER to 839-863

Chat: [Here](#)

Español: 1-888-628-9454

Deaf/ Hard of Hearing: dial 711 then 1-800-273-8255

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, this lifeline is available 24/7 across the United States and is free and confidential.

National Suicide Hotline

Call: 800-784-2433

Call: 800-442-4673

This is a nationwide hotline for people experiencing a suicidal crisis. This service is free and available 24/7.

Crisis Text Line

Text HOME to 741-741

Crisis Text Line is here for any crisis. A live trained counselor will receive and respond through a secure platform for free 24/7.

United Way Helpline

Call: 1-904-632-0600

Text HELLO to 211-904

United Way is the suicide intervention and prevention helpline for Florida and is nationally accredited. Free, confidential, and available 24/7.

Specific Emergencies

Alcohol and Drug Helpline

800-821-4357

800-662-4357

866-698-0672

Crisis Support for Veterans

Call: 1-800-273-8255

Text: 838-255

Chat: [Here](#)

The Veterans Crisis Line can help 24/7 even if you're not enrolled in VA benefits or health care. It is free and confidential.

Disaster Distress Helpline

Call: 1-800-985-5990

Text TalkWithUs to 667-46

Deaf or Hard of Hearing Videophone: <https://vibrant.aslnow.io/app/8/10004>

Español: 1-800-985-5990 oprime el #2 par conectarte con operadorx que hablan español

Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Domestic Violence Hotline

Call: 800-799-7233

Text START to 887-88

Chat: [Here](#)

LGBTQ+ Crisis Hotline

Call: 1-866-488-7386

Text START to 678-678

Chat: [Here](#)

The Trevor Project has trained counselors who understand the challenges LGBTQ+ young people face. All conversations are free, confidential and available 24/7.

National Runaway Safeline

Call: 800-786-2929

Chat: [Here](#)

Email: [Here](#)

If you or a friend is thinking of running from home, or if you ran away and ready to go home, NRS is available 24/7 to offer free, confidential, non-directive and non-judgmental support.

National Youth Crisis Hotline

800-442-4673

Poison Control

800-222-1222

Sexual Assault Hotline

24/7 Call: 800-656-4673

24/7 Chat: [Here](#)

United States Child Abuse Hotline

800-422-4453

Non-Emergencies

Contact your therapist to inquire about next availability for appointment or consultation.

AIDS and HIV Hotline

National: 1-800-628-9240

Florida: 800-352-2437

24/7 Text: 415-200-2920

Alcohol Treatment Referral Hotline

800-252-6465

Anti-Hate Line

800-649-0404

Discrimination support and resource referral.

Eating Disorders Call Center

Call or text: 800-931-2237

Calls are available Monday to Thursday 11a-9p EST and Friday 11a-5p EST.*

Texts are available Monday to Thursday 3p-6p EST and Friday 1-5p EST.*

Chats are available Monday to Thursday 9a-9p EST and Friday 9a-5p EST.*

*times may vary due to holiday closure

Help line volunteers are trained to help you find the support for you or a loved one who is struggling with an eating disorder.

Love is Respect

Call: 866-331-9474

Text LOVEIS to 225-22

Chat: [Here](#)

Love is Respect offers confidential support for teens seeking help related to healthy relationship and dating abuse in the United States, available 24/7.

National Center for Posttraumatic Stress Disorder

802-296-6300

Postpartum Support International

Call: 1-800-994-4773 press #2

Text HELP to 800-994-4773

Español: 1-800-994-4773 oprime el #1 par conectarte con operadorx que hablan español

Text en Español: 971-203-7773

Postpartum Support is dedicated to helping those suffering from depression, anxiety and distress.

Psychology Today

www.psychologytoday.com

Psychology Today is a free online resource that has an extensive directory of [qualified therapists](#), [psychiatrist](#), [treatment centers](#) and [support groups](#) that can be filtered to meet your needed specifications. This site also has an abundance of articles ranging from behavioral research to guides on relationships, mental health and addiction.

Rape, Sexual Assault and Incest Hotline

212-227-3000

SAMHSA

1-800-662-4357

www.samhsa.gov/find-help/national-helpline

[SAMHSA's National Helpline](#) is a free, confidential 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

TAPS

Call: 800-959-8277

TAPS offers comfort and support for surviving families of military loss regardless of the location or manner of death.

Teen Line

Call: 800-852-8336

Text TEEN to 839-863

Email: teenline.org/email-us

Message Board: teenline.org/board/

Teen Line has highly trained teen listeners to provide support, resources and hope to any teen who is struggling. Contacting is anonymous and available from 6p-9p PST.

Trans LifeLine

Call: 877-565-8860

Español: 877-565-8860 oprime el #2 par conectarte con operadorx que hablan español.

Trans Lifeline is a peer support phone service run by trans people for trans and questioning peers. Calls are anonymous and confidential. Sometimes there are high call volumes and because all operators identify as trans/nonbinary, there is a limited number, please be patient or try calling again.

United Way Helpline

Call: 2-1-1

Email: 211@uww.unitedway.org

[United Way](#) has resources to help individuals pay bills, find food, gain access to mental health services and other resources.