

## MENTAL HEALTH CRISIS RESOURCES (USA)

If you are in a mental health crisis or emergency, please visit the crisis services listed below. Please note that some crisis line workers are mandated to report calls regarding suicide to the police. If this is a concern, we encourage you to first ask about their reporting policies before sharing.

### Call Blackline

Call or text: **800-604-5841**

[Blackline](#): Peer support and counseling prioritizing BIPOC, with an LGBTQ+ Black Femme Lens. "We do not trace or send any type of intervention under any circumstances without consent."

### Trans Lifeline

US: 877-565-8860

Canada: 877-330-6366

[Trans Lifeline](#): Trans peer support for Trans community that's been divested from police since day one. Run by and for Trans people.

### Wildflower Alliance Peer Support Line

888-407-4515

[Wildflower Alliance Peer Support Line](#): Warmline answered by a trained peer supporters. "We do not trace or send any type of intervention under any circumstances without consent." See hours [here](#).

### Trevor Hotline

866-488-7386

Text "START" to 678678

[Trevor Hotline](#) for LGBTQ+ youth

## **Thrive Lifeline**

Text 24/7: 1-313-662-8209

[Thrive Lifeline](#): Trans-led and operated, focusing on people with intersecting marginalized identities. Does not "engage in non-consensual active rescue"

## **Lines for Life**

800-273-8255

[Lines for Life](#): talk to a suicide or substance use specialist. They also offer support for: military & family, senior loneliness, teen-to-teen crisis help, and racial equity support.

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# More Crisis Resources

## **NAMI Helpline 24/7**

- Text "NAMI" TO 741741
- [NAMI Helpline](#) to talk to a trained crisis counselor 24/7

## **National Suicide Prevention Lifeline**

- (800) 273-8255
- (800) 799-4889 Deaf or hard of hearing
- (800) 273-8255 Video relay service and voice/ caption
- (888) 628-9454 Red de prevención de suicidio en Español

## **National Domestic Violence Hotline**

- (800) 799-7233

## **Rape, Abuse and Incest National Network (RAINN)**

- (800) 656- 4673

## **Veterans Crisis Line**

- (800) 273-8255

### **National Sexual Assault Telephone Hotline**

- (800) 656-4673

### **Alcoholism & Drug Dependency Hope Line**

- (800) 622-2255

# **Before calling 911**

If you or someone you know is in immediate, life-threatening danger and decide to call 911, please be aware that ***police are not equipped*** to offer mental health support and may even pose danger to People of Color, Neurodivergent people and Disabled people.

**Please ALSO reach out to community leaders, neighbors, friends, and family to be present if you are calling the police.**

To learn more:

- Mad In America: [Suicide Hotline Transparency Project](#)
- [Click here](#) to see responses from various hotlines regarding their policies & police intervention
- [Suicide Hotlines and the Impact of Non-Consensual Interventions](#)
- [Trans Lifeline #SafeHotlines for Crisis Callers](#)

*These resources were pulled together by [InclusiveTherapists.com](#)*