

# United States

**Emergency:** 911

**National Domestic Violence Hotline:** 1- 800-799-7233

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**National Hopeline Network:** 1-800-SUICIDE (800-784-2433)

**Crisis Text Line:** Text "DESERVE" TO 741-741

**Lifeline Crisis Chat (Online live messaging):** <https://suicidepreventionlifeline.org/chat/>

**Self-Harm Hotline:** 1-800-DONT CUT (1-800-366-8288)

**Planned Parenthood Hotline:** 1-800-230-PLAN (7526)

**American Association of Poison Control Centers:** 1-800-222-1222

**National Council on Alcoholism & Drug Dependency Hope Line:** 1-800-622-2255

**National Crisis Line - Anorexia and Bulimia:** 1-800-233-4357

**GLBT Hotline:** 1-888-843-4564

**TREVOR Crisis Hotline:** 1-866-488-7386

**AIDS Crisis Line:** 1-800-221-7044

**Veterans Crisis Line:** <https://www.veteranscrisisline.net>

**TransLifeline:** <https://www.translifeline.org> - 877-565-8860

**Suicide Prevention Wiki:** <http://suicideprevention.wikia.com>