

Getting help makes you stronger.

988 Suicide & Crisis Lifeline

If you or a friend are having thoughts of suicide, 988 can support you 24/7. Confidential. English & Spanish.

Call or text 988 | Chat at 988lifeline.org

Teen Line

Talk about anything — a rough day, school, family, or a crisis. (After hours, you'll be redirected to 988.)

Call 1-800-852-8336 (6 PM–10 PM PT)

Text TEEN to 839-863 (6 PM–9 PM PT)

[Teenline.org](https://teenline.org)

Trevor Project

Created for 2SLGBTQ+ youth ages 13–24. Open 24/7. Confidential.

Call Trevor Lifeline:

1-866-488-7386

Text START to 678-678

Chat at chat.trvr.org

Trans Lifeline

Run by trans/nonbinary people to support trans/questioning peers. Will not call emergency services without your request. Confidential.

Call 877-565-8860

(M–F, 10 AM–6 PM PT)

[Translifeline.org](https://translifeline.org)

