



State and National Hotlines

Talk to someone anytime, anywhere

- National Suicide Prevention Lifeline (available 24/7)
 - Call or text: 988
 - Chat: <https://chat.988lifeline.org/>
- New Haven Emergency Mobile Crisis Services (available 24/7)
 - Call 1-800-467-3135 or 211
- Mobile Crisis Intervention and Evaluation Unit
 - available Monday - Friday, 9am - 5pm, except state holidays
 - 203-974-7713
- South Central Crisis Services evening and weekend support
 - available weekdays 5pm - 8am, available 24 hours on weekends and holidays
 - 203-974-7300
- Safe Harbor Warm Line: Peer Support Counselors for non-emergencies
 - available 365 days a year, 5pm - 10pm
 - 1-800-258-1528
- Substance-related
 - Substance Abuse and Mental Health Services Administration National Helpline (available 24/7): 1-800-662-HELP (4357)
 - AA and NA offer remote meetings (Google search)
 - Website: <https://www.smartrecovery.org/>
- National Alliance for Eating Disorders Hotline
 - Monday - Friday, 9am - 7pm
 - 1-866-662-1235
- The Trevor Project crisis support for LGBTQ+ young people (available 24/7)
 - Call: 1-866-488-7386
 - Text START to 678678
 - Chat: <https://www.thetrevorproject.org/get-help/>

- Trans Lifeline (available 24/7)
 - 877-565-8860
- National Child Abuse Hotline (available 24/7)
 - Call: 800-422-4453
 - Text GO to 800-422-4453
 - Chat: <https://www.childhelphotline.org/>
- National Domestic Violence Hotline (available 24/7)
 - Call: 1-800-799-SAFE (7233)
 - Text START to 88788
 - Chat: <https://www.thehotline.org/help/>
- National Runaway Switchboard (available 24/7)
 - 1-800-621-4000
- Boys Town National Hotline for children, youth, and their parents (available 24/7)
 - 1-800-448-3000
- National Parent Helpline (available 24/7)
 - 1 (855) 4A PARENT [1 (855) 427-2736]
- Nine Line (Teens in Crisis)
 - 1-800-999-9999
- Crisis Text line
 - text TALK to 741741
- Disaster Distress Helpline (available 24/7)
 - Support following any natural or human-made disaster
 - Call or text: 1-800-985-5990