Crisis Support Resources

**National Suicide Hotline**
1-800-273-8255 (TALK) or 988 (Note: 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Hotline for assistance with suicidal, mental health and/or substance use crisis’)

**Website:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**National Suicide Hotline Chat:** [https://suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/)

**National Domestic Violence Hotline**
1-800-799-7233
[thehotline.org](http://thehotline.org)

**National Domestic Violence Hotline - Spanish**
[espanol.thehotline.org](http://espanol.thehotline.org)

**National Domestic Violence Hotline Text**
LOVEIS to 22522

**National Domestic Violence Hotline - Live Chat Services**
[thehotline.org/what-is-live-chat](http://thehotline.org/what-is-live-chat)

**National Sexual Assault Hotline**
1-800-656-4673

**National Organization for Victim Assistance**
1-800-879-6682

**International Crisis Hotline Information**
[befrienders.org](http://befrienders.org)

**International Association of Suicide Prevention (International Crisis Centers)**
[jasp.info/resources/Crisis_Centres](http://jasp.info/resources/Crisis_Centres)
Crisis Text Line Hotline
Text 741741 from anywhere in the US
crisistextline.org

Veteran’s Crisis Line
1-800-273-8255 (TALK) and press 1
Text 838255
veteranscrisisline.net

Disaster Distress Helpline
1-800-985-5990
Text TalkWithUs to 66746
samhsa.gov/find-help/disaster-distress-helpline

The Trevor Project - For LGBTQ youth ages 13-24
Call, chat, and text (24/7): 866-488-7386
The Trevor Project

Trans Lifeline – Free crisis hotline staffed by transgender people for those who are transgender or questioning.
Call only: 877-565-8860
translifeline.org/hotline

LGBT National Hotline
Call only: 888-843-4564 (M-F 4pm-12am ET, Sat noon-5pm ET)
lgbthotline.org/national-hotline.html

National Child Abuse Hotline (available 24/7)
1-800-422-4453 (1-800-4-A-CHILD)
childhelp.org/hotline

Substance Abuse and Mental Health Services Administration
1-800-662-4357
findtreatment.samhsa.gov

Puerto Rico Resources

Adult Protective Services
justice.gov
1-800-981-8333

Child Protective Services
The Administration of Family and Children
1-787-625-4900

Domestic Violence Shelters
domesticshelters.org/help/pr.puerto-rico#

WomensLaw.org – National Network to End Domestic Violence (English and Spanish)
womenslaw.org/find-help/pr
womenslaw.org/find-help/pr/advocates-and-shelters/statewide-programs
womenslaw.org/find-help/pr/advocates-and-shelters/local-programs
womenslaw.org/es/search/google/Spanish

Case de Esperanza - Serves Puerto Rico and offers a 24/7 crisis line.
esperanzaunited.org/en
Email: info@casadeesperanza.org
Crisis Line: 1-800-799-7233 Main office: 651-646-5553

Commission for the Prevention of Suicide:
salud.gov.pr/CMS/108