
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

National Suicide Hotline Chat: <https://suicidepreventionlifeline.org/chat/>

National Domestic Violence Hotline

1-800-799-7233

thehotline.org

National Domestic Violence Hotline - Spanish

espanol.thehotline.org

National Domestic Violence Hotline Text

LOVEIS to 22522

National Domestic Violence Hotline - Live Chat Services

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

International Association of Suicide Prevention (International Crisis Centers)

[iasp.info/resources/Crisis Centres](http://iasp.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](https://www.thetrevorproject.org)

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