

CRISIS & IMMEDIATE SUPPORT

U.S. national resources • Free and confidential support

If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department.

988 Suicide & Crisis Lifeline

Call or text 988

24/7 support for suicidal thoughts, emotional distress, mental health, or substance-use crisis.

National Sexual Assault Hotline (RAINN)

800-656-HOPE (4673) Text HOPE to 64673 RAINN.org

Free, confidential, 24/7 support for survivors of sexual violence.

Childhelp National Child Abuse Hotline

800-422-4453 • Text GO to 800-422-4453

Crisis support, information, and resources related to child abuse and neglect.

National Domestic Violence Hotline

800-799-SAFE (7233) Text START to 88788

Support, safety planning, and resources for people affected by domestic violence.

SAMHSA National Helpline

1-800-662-HELP (4357)

Free, confidential, 24/7 treatment referral and information for mental health and substance-use concerns.

Veterans Crisis Line

Dial 988, then press 1

24/7 crisis support for Veterans, service members, National Guard and Reserve members, and those who support them.

YOU DO NOT HAVE TO FACE A CRISIS ALONE.

Reaching for immediate support is a protective step.

Choose the resource that best fits what you need right now.

Resource sheet for educational use • U.S. services • Verified August 2026