**If you are in immediate danger, please call 911.**

**SAMHSA's National Helpline**

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1-800-662-HELP (4357)

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

**National Suicide Prevention**

Mental health is an essential part of wellness. Anyone who is depressed, despairing, going through a hard time, or just needs to talk, including people who are thinking about suicide, can use the National Suicide Prevention Lifeline, available 24/7.

1-800-273- TALK (8255)

National Suicide Prevention Lifeline

Lifeline Crisis Chat

**Crisis Text Line**

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor. If your cell phone plan is with AT&T, T-Mobile, Sprint, or Verizon, texts to the short code, 741741 are free of charge.

<http://www.crisistextline.org/>

Send a text to 741741

**Disaster Distress Helpline**

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

1-800-985-5990

[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

**National Call Center for Homeless Veterans**

The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers, and others in the community

1-877-4AID VET (877-424-3838)

**National Domestic Violence Hotline**

Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

1-800-799-SAFE (7233)

National Domestic Violence Hotline

National Domestic Violence Hotline Live Chat

**National Human Trafficking Resource Center**

Human trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. If you or someone you know needs help, call the National Human Trafficking Resource Center (NHTRC) toll-free hotline, 24 hours a day, 7 days a week.

1-888-373-7888

[nhtrc@polarisproject.org](mailto:nhtrc@polarisproject.org)

<https://traffickingresourcecenter.org/>

**Opioid Treatment Program Directory**

Search by state to view opioid treatment programs.

<http://dpt2.samhsa.gov/treatment/directory.aspx>

**Veterans Crisis Line**

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

1-800-273-8255

<http://www.veteranscrisisline.net/>

**1-800-Quit-Now**

1-800-Quit-Now is a national router number which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline.

**1-800-Quit-Now**