

Need to talk? These folks will listen.

- [Suicide & Crisis Lifeline](#): Call or text 988
- [CT Infoline Crisis Services](#): Call 211
- [Crisis Text Line](#): Text “HOME” to 741741
- [Teen Line](#): Call 800-852-8336 or text “TEEN” to 839863
- [Never Use Alone](#): Call 800-484-3731
- [Substance Abuse & Mental Health Services Administration](#):
Call 800-662-HELP (4357)
- [National Alliance on Mental Illness Helpline](#): Call 800-950-NAMI (6264) or text “HelpLine” to 62640
- [LGBT National Hotline](#): Call 888-843-4564
- [The Trevor Project](#): Call 866-488-7386
or text “START” to 678678
- [Trans Lifeline](#): Call 877-565-8860
- [National Sexual Assault Hotline](#): Call 800-656-HOPE (4673)
- [Childhelp National Child Abuse Hotline](#): Call or text 800-422-4453
- [National Domestic Violence Hotline](#): Call 800-799-SAFE (7233) or text
“START” to 88788
- [National Alliance for Eating Disorders Helpline](#): Call 866-662-1235
- [SAFE Alternatives Self-harm Helpline](#): Call 800-DON'T CUT
(366-8288)
- [National Runaway Safeline](#): Call 800-RUNAWAY (786-2929)