



COVID-19 and Mental Health Resources: Hotlines, Helplines, and Support Groups¹

For more fact sheets in this series, visit Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC) [COVID-19 and Mental Health Resources](#). For resources and virtual events from across the MHTTC Network, visit [Responding to COVID-19](#).

Phone and Text Lines

- [SAMHSA National Helpline](#)
800-662-HELP (4357). 24/7 information and referral service in English and Spanish for individuals and families facing mental or substance use disorders.
- [SAMHSA's Disaster Distress Helpline](#)
Call 1-800-985-5990 or text "TalkWithUs" to 66746. Provides 24/7 crisis counseling support for those experiencing distress related to disasters.
- [Crisis Text Line](#)
Text HOME to 741741 to be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
- [National Suicide Prevention Lifeline](#)
Call 1-800-273-8255 or visit [Lifeline Chat](#) to be connected with a crisis counselor if you are in suicidal crisis or emotional distress.
- [NAMI Helpline](#)
NAMI operates a national, peer-run support service offering information and referrals. Available 10 a.m. – 6 p.m. ET / 7 a.m. – 3 p.m. PT / 4 a.m. – 12 p.m. HST. Contact 1-800-950-NAMI (6264) or info@nami.org.

Phone and Text Lines for Specific Populations

- [First Responders' and Healthcare Workers' Crisis Hotline](#)
Magellan Healthcare hosts this free 24/7 hotline for frontline workers, which is staffed by licensed mental health clinicians. 1-800-327-7451 (TTY 711).
- [ASL Now COVID-19 Hotline](#)
Information on COVID-19 for Deaf individuals. Access by calling ASL Now (Comcast) or VP 833-682-7630.

¹ **Note:** resources do not necessarily reflect the opinions of the Pacific Southwest Mental Health Technology Transfer Center or SAMHSA. Inclusion on this list does not imply endorsement.

Older Adults and Caregivers

- **Friends Helpline**
24/7, toll-free crisis line for adults aged 60 and older and adults living with disabilities. From the Institute on Aging. 1-800-971-0016
- **Caregiver Help Desk**
855-227-3640. Caregiver Action Network (CAN) provides consultation with caregiving experts daily, from 8 a.m. – 7 p.m. ET / 5 a.m. – 4 p.m. PT / 2 a.m. – 1 p.m. HST. Visit the CAN website for COVID-19 information for caregivers.

LGBTQ Communities

- **Trans Lifeline**
Peer-led hotline: 1-877-565-8860
- **SAGEConnect**
Volunteer-run program that provides weekly phone calls to LGBTQ seniors.
- **The Trevor Project**
24/7, toll-free hotline for LGBTQ youth: 1-866-488-7386 or text START to 678678
- **LGBT National Help Center**
Hotlines, online peer support chat, and chatrooms. LGBT National Hotline 1-888-843-4564. LGBT National Senior Hotline 1-888-234-7243. LGBT National Youth Talkline 1-800-246-7743

Parents

- **National Parent Helpline**
Available Monday through Friday, 1 p.m. – 10 p.m. ET / 10 a.m. – 7 p.m. PT / 7 a.m. – 4 p.m. HST. 1-855-4APARENT (1-855-427-2736)
- **Partnership for Drug-Free Kids Helpline**
Receive regular messages on how to help yourself and your loved ones during the pandemic: text COVID to 55753. If you or a loved one is struggling with increased alcohol use, text REDUCE to 55753 for tips and support.

Persons Who Have Experienced Domestic or Sexual Assault

- **National Domestic Violence Hotline**
1-800-799-7233 or 1-800-799-7233 for TTY. If you're unable to speak safely, you can log on to thehotline.org or text LOVEIS to 22522.
- **RAINN**
National Sexual Assault Hotline 1-800-656-4673

Online Support Groups

- **MHA's Inspire Community**
Online support forums from Mental Health America for those experiencing mental health challenges.
- **Depression and Bipolar Support Alliance (DBSA)'s Online Support Groups**
DBSA's support groups are scheduled, peer-led sessions. DBSA also has groups specifically for family members and for young adults.
- **NAMI Online Discussion Groups**
The National Alliance on Mental Illness (NAMI) offers online discussion groups for individuals to share their experiences, questions, and support.
- **7 Cups**
7 Cups offers free online text chat with a trained volunteer listener for emotional support; community chat; self-help guides; and fee-for-service online therapy.
- **Support Group Central**
Offers virtual support groups by trained facilitators on numerous mental health conditions. Website also offered in Spanish and many other languages (see drop-down menu, top right).
- **Online Support Community for Parents & Caregivers**
Partnership for Drug-Free Kids hosts weekly online Zoom meeting for parents (including parents of adult children), with a focus on substance use, treatment, recovery, and relapse.
- **Deaf Counseling Center Coronavirus Support Group**
Peer-run, community Facebook group for sharing coronavirus-related support and resources (Deaf Counseling).