



Support Resources

Resource	Audience / Focus
Vibrant: https://www.vibrant.org/	National
Helpline , 800-985-5990, run by the Substance Abuse and Mental Health Services Administration	National
NAMI's line, 800-950-6264 (https://www.nami.org/Support-Education/NAMI-HelpLine/NAMI-HelpLine-FAQs)	National
National Suicide Prevention Lifeline (Link) Call 800-273-8255 or Chat with Lifeline	Suicide
Mental Health America national directory of warm lines across all states - https://screening.mhanational.org/content/need-talk-someone-warmlines/	National
Crisis Textline (Link) Text TALK to 741741	National
Mental Health America national directory of warm lines across all states - https://screening.mhanational.org/content/need-talk-someone-warmlines/	National
California Peer-Run Warm Line, 1-855-845-7415	California
Crisis Text Line provides free, 24/7, confidential crisis support via text or on Facebook Messenger - https://www.facebook.com/crisistextline	Social media general crisis
California Youth Crisis Line : Youth ages 12-24 can call or text 800-843-5200 or chat online for 24/7 crisis support.	Crisis support services by POC for Young people of color
STEVE crisis text line https://www.stevfund.org/crisistextline/	Crisis support services by POC for Young people of color
Text STEVE to 741741 to connect with a trained crisis counselor 24/7.	
TEEN LINE : Teens can talk to another teen by texting "TEEN" to 839863 from 6pm – 9pm, or call 800-852-8336 from 6pm – 10pm.	Youth (teens)
Trevor Project : Call 866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth.	LGBTQ; youth; suicide
Lesbian, Gay, Bisexual and Transgender National Hotline : Call 800-273-8255 from 1:00 PM – 9:00 PM for support, information or help finding resources.	LGBT
Disaster Distress Hotline: 1-800-985-5990 or Text TALKWITHUS to 66746	National; distress
Native Youth Crisis Hotline 1-877-209-1266	National; native; youth
Trans Lifeline Transgender Peer Support 1-877-565-8860	Transgender support
Employee Assistance Services for Education (EASE) (Los Angeles County of Education) 24/7 Access Line 1-800-882-1341	Educators; Los Angeles County (CA)