

Suicide Crisis Support

Available 24/7/365 unless otherwise noted

National Suicide Prevention Lifeline

Call: 1-800-273-8255

Spanish: 1-888-628-9454

TTY: 1-800-799-4889

Info/Chat: suicidepreventionlifeline.org

Crisis Textline

Text: 741-741

Info: crisistextline.org

Veterans Crisis Line

for veterans, active duty service members, and their families or support people

Call: 1-800-273-8255, press 1

Text: 838-255

TTY: 1-800-799-4889

Info/Chat: veteranscrisisline.net

Trevor Lifeline

for LGBTQ+ youth and young adults

Call: 1-866-488-7386

Text: 678-678

Info/Chat: thetrevorproject.org

Trans Lifeline

for transgender people

Call: 1-877-565-8860

Spanish: 1-877-565-8860

Info: translifeline.org

Khalil Center Helpline

for Muslims

Call: 1-855-543-5752 (hours vary daily)

Disaster Distress Helpline

for natural or human-caused disasters, disease outbreak, or other traumatic events

Call: 1-800-985-5990 **translators available*

Spanish: 1-800-985-5990, press 2

Text: 66746 **available in Spanish*

TTY: 1-800-846-8517

Info: disasterdistress.samhsa.gov

YouthLine

staffed by youth 6pm-12am CDT

Call: 1-877-968-8491

Text: 839-863

Info/Chat: oregonyouthline.org

Boys Town National Hotline

for youth and parents

Call: 1-800-448-3000 **translators available*

Text: 20121

Info: boystown.org

The Friendship Line

for adults aged 60 and older and adults with disabilities

Call: 1-800-971-0016

Info: ioaging.org

Copline

for law enforcement officers and their families

Call: 1-800-267-5463

Info: copline.org

Emergency Crisis Response

Ask for CIT (crisis intervention trained) officer

Call or Text (where available): 911



Provided for informational purposes only.

Rattle the Stars does not provide suicide crisis intervention services.

If you need support, please contact one of the hotlines listed above.