

GETTING CONNECTED
EMOTIONAL SUPPORT RESOURCES
FOR ASIANS AND ASIAN AMERICANS

ASHAKIRAN SOUTH ASIAN CRISIS LINE

Call: 1-800-793-3010

**KAN-WIN - ASIAN AMERICAN
CRISIS LINE FOR WOMEN**

Call: 1-773-583-0880

*Services in Korean and English

**APNA GHAR - SOUTH ASIAN
CRISIS LINE FOR WOMEN**

Call: 1-773-334-4663

Text: 1-773-899-1041

SUICIDE PREVENTION LIFELINE

Call: 1-800-273-8255

CRISIS TEXTLINE

Text: 741-741

TREVOR LGBTQ+ LIFELINE

Call: 1-866-488-7386

Text: 678-678



Provided for informational purposes only. Rattle the Stars does not provide suicide crisis support services. If you need support, please contact one of these hotlines.