

Mental Health Crisis Services and Resources

Warmlines that do not call the police, helplines, alternatives to suicide

If you are in a mental health crisis or emergency, you are deeply valued and are not alone.

Please reach out to the crisis services listed below for support. (We do not provide crisis services here.)

Steps to take if you or a loved one are in crisis

- **Before calling 911:** If you or someone you know is in immediate, life-threatening danger and decide to call 911, please be aware that **police are not equipped** to offer mental health support and **may even pose danger** to Black, Indigenous, and People of Color, Transgender, Mentally Ill, Neurodivergent, and Disabled People.
 - Please reach out to community leaders, neighbors, friends, and family to be present if you are calling the police.
 - See below for crisis warm-lines that do **not** use police intervention
- For **community-based alternatives** to police in your city:
 - Visit: [Don't Call the Police](#) for resources with transparency about reporting policies
 - Search for **mobile crisis** or **community response teams** in your city.
 - Calling 211 in **some** cities will dispatch community response teams instead of law enforcement. Ask in advance whether they dispatch the police if this is a concern.
- **Ask trusted loved ones for support:** In addition to calling crisis services, we warmly encourage you to let your trusted loved ones know that you are struggling. Feel free to share these tips below with them if they're helpful to you:
 - Ask them to stay with you and to make a plan together. You don't have to face this alone.
 - If you do not want police or hospital intervention, communicate this clearly.
 - Ask them to listen and empathize, and not judge, give advice, or center their own feelings.
 - If you are using substances, alcohol, or self-injury to cope, ask them to stay with you without judgement.
 - When you are ready for help, ask them to remove it from you.
- **Remove weapons:** If there are weapons such as guns nearby, please lock them away or ask a trusted person to remove them. Your safety is the priority.

Crisis services: warm-lines that do not use police intervention

The warm-lines below offer transparency about their reporting and tracing policies:

Call Blackline

Call or text: **1-800-604-5841**

[Blackline](#): Peer support and counseling prioritizing BIPOC, with an LGBTQ+ Black Femme Lens. "We do not trace or send any type of intervention under any circumstances without consent."

StrongHearts Native Helpline (24/7)

Peer advocate crisis support specifically for people experiencing intimate partner violence

Call 24/7: **1-844-762-8483** or [chat online](#)

[StrongHearts](#): 24/7 confidential and anonymous culturally-appropriate domestic and sexual violence helpline for Native Americans. "advocates do not request or record the contact's identification and/or address."

Psychedelic Support Line

Call or text: **623-473-7433**
11am-11 p.m. PT

[Fireside Project](#): Support during and after psychedelic experiences.
"Always confidential."

Trans Lifeline (English, español)

US: 1-877-565-8860

Canada: 1-877-330-6366

- Oprime 2 para hablar con alguien en español.
- See hours [here](#)

[Trans Lifeline](#): Trans peer support for Trans community that's been "divested from police since day one. Run by and for Trans people."

Thrive Lifeline (24/7)

Text 24/7: **1-313-662-8209**

[Thrive Lifeline](#): Trans-led and operated, focusing on people with intersecting marginalized identities. Does not "engage in non-consensual active rescue"

See more [regional resources here](#) from TransLifeline.

Wildflower Alliance Peer Support Line

1-888-407-4515

- See hours [here](#)

[Wildflower Alliance Peer Support Line](#)

Warmline answered by a trained peer supporters. "We do not trace or send any type of intervention under any circumstances without consent."

LGBT National Help Center

National Hotline: **1-888-843-4564**

- See hours [here](#)

Coming Out Support Hotline: **1-888-688-5428**

Youth Talkline: **1-800-246-7743**

Senior Hotline: **1-888-234-7243**

[LGBT National Help Center](#): free and confidential support for LGBTQIA+ people and those with questions about sexual orientation and/or gender identity. "We will not contact any authorities or other services or programs on your behalf."

See More Crisis Services

Some crisis line workers below are **mandated to report calls** regarding suicide to the police (i.e. "active rescue"). If this is a concern, we encourage you to **first ask** about their reporting policies **before** sharing your situation.

Please use these resources below with discretion:

Telefónica's de crisis y salud mental (en Español)

- Ayuda en Español, Línea de Prevención del Suicidio en Español: 888-628-9454
- La Línea de Ayuda Nacional Online del Asalto Sexual: 1-800-656-4673
- Love Is Respect (Chat En Español): para jóvenes 1-866-331-9474
- Atención de salud mental perinatal para mamás ([PSI](#)):
 - Llama al 1-800-944-4773 (4PPD) #1
 - Mensaje de texto: 971-203-7773
- Línea Directa Nacional de Salud Mental Materna ([HRSA](#)) 24/7: 1-833-TLC-MAMA

National Suicide Prevention Lifeline (24/7)

- (800) 799-4889 **Deaf or hard of hearing**
 - Text "DEAF" to 741741
- (800) 273-8255 **Video relay service and voice/ caption**
- (800) 273-8255 Call or text

Trevor Hotline for LGBTQ+ youth

- 866-488-7386
- Text "START" to 678678
- [Trevor Hotline](#) for LGBTQ+ youth

We R Native

[For Native Youth, by Native Youth](#)

- Text "Native" to 741 741. Free, 24/7 counseling support

NAMI Helpline 24/7

- Text "NAMI" TO 741741 to talk to a trained crisis counselor 24/7

Postpartum and Pregnancy Support

- [Postpartum Support International](#): Call 1-800-944-4773 or Text: 800-944-4773
- [National Maternal Mental Health Hotline](#) (24/7): call or text 1-833-TLC-MAMA

National Domestic Violence Hotline

- (800) 799-7233

Rape, Abuse and Incest National Network (RAINN)

- (800) 656- 4673

Veterans Crisis Line

- (800) 273-8255

National Sexual Assault Telephone Hotline

- (800) 656-4673

Alcoholism & Drug Dependency Hope Line

- (800) 622-2255

Lines for Life

- 800-273-8255
- [Lines for Life](#): talk to a suicide or substance use specialist. They also offer support for: military & family, senior loneliness, teen-to-teen crisis help, and racial equity support.

Alternatives to Suicide Peer Support Groups

(Alt2Su, harm reduction model from Wildflower Alliance)

- [FolkTime](#)

<https://www.inclusivetherapists.com/crisis>

- [IAPRSS](#)
- [Toivo](#)
- [Wildflower Alliance](#)
- [Yarrow Collective](#)

Learn More about Suicide Hotlines

- Trans Lifeline: [The Problem with 988 Report](#)
- Mad In America: [Suicide Hotline Transparency Project](#)
 - [Click here](#) to see responses from various hotlines regarding their policies & police intervention
- Mad in America: [Suicide Hotlines and the Impact of Non-Consensual Interventions](#)
- Trans Lifeline: [#SafeHotlines for Crisis Callers](#)
- Trans Lifeline Fact Sheet: [Crisis Hotlines & Transgender Callers](#)
- Call Blackline: [Addressing Law Enforcement Violence as a Public Health Issue](#) (scroll to section)

**WARM LINES THAT
DON'T CALL THE POLICE**

More resources: [InclusiveTherapists.com/crisis](https://www.inclusivetherapists.com/crisis)

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- **Trans Lifeline**: 1-877-565-8860 (US),
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 - Run by & for Trans people. English & español.
- **Wildflower Alliance Peer Support Line**:
1-888-407-4515
 - Trained peer supporters
- **Thrive Lifeline**: 1-313-662-8209
 - 24/7: Trans-led and operated
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 - 24/7: Centers Native Americans experiencing intimate partner or sexual violence

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[Download](#) and share these Warm Lines