

Emergency Resources: National Hotlines

Crisis Textline

Text START to 741-741 [crisistextline.org](https://www.crisistextline.org)

National Suicide Hotline

1-800-273-TALK(8255) | [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

LGBTQ Trevor Lifeline

866-488-7386 | [TheTrevorProject.org](https://www.thetrevorproject.org)

Trans Lifeline

877-565-8860 | [translifeline.org](https://www.translifeline.org)

National Drug Helpline

1-844-289-0879 | [drughelpline.org](https://www.drughelpline.org)

Veteran's Crisis Line

1-800-273-8255, select 1 [veteranscrisisline.net](https://www.veteranscrisisline.net)

Disaster Distress Helpline

1-800-985-5990 [more information](#)

Physician Support Line

888-409-0141 | [physiciansupportline.com](https://www.physiciansupportline.com)