

Youth Mental Health Hotlines 1. 988 Suicide & Crisis Lifeline (U.S.)

Call: 988

Chat: 988lifeline.org/chat

Text: 988

24/7 support for emotional distress or crisis.

2. Crisis Text Line

Text HOME to 741741

Free, 24/7 support from trained crisis counselors.

3. The Trevor Project (LGBTQ+ Youth)

Call: 1-866-488-7386

Text START to 678678

Chat: thetrevorproject.org

4. Youthline (Peer-to-Peer Support)

Call: 1-877-968-8491

Text teen2teen to 839863

Chat: oregonyouthline.org

5. Teen Line

Call: 1-800-852-8336

Text TEEN to 839863

6. NAMI Teen & Young Adult HelpLine

Text "Friend" to 62640

Call: 1-800-950-6264

7. SAMHSA National Helpline

Call: 1-800-662-HELP (4357)

For substance use and mental health treatment referrals.