

Hotlines and Helplines

[What To Expect When Calling a Helpline](#) by ReachOut.com

The National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The National Suicide Prevention Lifeline provides free and confidential emotional support to individuals experiencing a suicidal crisis or emotional distress via telephone or chat 24 hours a day, 7 days a week.

<http://www.suicidepreventionlifeline.org/>

La Red Nacional de Prevención del Suicidio

1-888-628-9454

National Suicide Prevention Lifeline for Spanish Speaking Individuals

<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Veterans Crisis Line

1-800-273-8255, Press 1

Veterans, Active Duty, Reserve, Guard and their family and friends can call, [chat online](#), or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week.

<http://www.veteranscrisisline.net/>

Trevor Lifeline

1-866-4-U-TREVOR (1-866-488-7386)

A national 24-hour, toll free confidential suicide hotline for gay and questioning youth. The Trevor Lifeline website also features information about TrevorChat, TrevorText, TrevorSpace, and the Trevor Support Center.

<http://www.thetrevorproject.org/>

National Treatment Referral Helpline

1-800-662-HELP (4357)

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health and/or substance use disorders.

<https://findtreatment.samhsa.gov/>

GLBT National Hotline

1-888-843-4564

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline provides telephone, online private one-to-one chat and email peer-support for individuals of all ages. Hours: Monday - Friday from 4pm to midnight; Saturday from noon to 5pm, Eastern Time.

<http://www.glbthotline.org/national-hotline.html>

Disaster Distress Helpline

1-800-985-5990

TTY for Deaf/Hearing Impaired: 1-800-846-8517

If you or someone you know has been affected by a natural or human-caused disaster and needs immediate assistance, please call the toll-free number or text "TalkWithUs" to 66746 for information, support, and counseling.

<http://disasterdistress.samhsa.gov/>

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Youth Talkline provides telephone, online private one-to-one chat and email peer-support for teens and young adults up to age 25. Hours: Monday - Friday from 4pm to midnight; Saturday from noon to 5pm, Eastern Time.

<http://www.glbthotline.org/youth-talkline.html>

Boys Town National Hotline

1-800-448-3000

Text "Voice" to 20121, every day from 7pm -1am Eastern Time.

The Boys Town National Hotline is a toll free number available to kids, teens and young adults at anytime. Please contact us if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge.

Online chat and email support is available at their website.

<http://www.yourlifeyourvoice.org/Pages/home.aspx>

National Problem Gambling Helpline

1-800-522-4700

Text 1-800-522-4700

A national helpline, text and chat service that provides support and information on local resources for those seeking help for a gambling problem.

<http://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>

National Sexual Assault Hotline

1-800-656-HOPE (4673)

A national hotline and chat service providing free confidential help for sexual assault victims and their friends and families.

<https://ohl.rainn.org/online/>

National Parent Helpline

1-855- 4A PARENT (1-855-427-2736)

A trained Parent Advocate is available to assist parents and caregivers of children and youth of all ages. Hours: Monday – Friday from 1pm to 8pm, Eastern Time.

<http://www.nationalparenthelpline.org/>

IMAlive

An online crisis center that is a part of the Hopeline Network that provides crisis intervention services via online chat.

<https://www.imalive.org/>

National Runaway Safeline

1-800-RUNAWAY (1-800-786-2929)

A national hotline and chat service for teens who have runaway or who are considering leaving home.

<http://www.1800runaway.org/>

Love is Respect

1-866-331-9474

Text “loveis” to 22522*.

A resource to engage, educate and empower young people to prevent and end abusive relationships. Free and confidential phone, live chat and texting services are available 24/7/365.

<http://www.loveisrespect.org/>

National Domestic Violence Hotline

1-800-799-7233 | 1-800-787-3224 (TTY)

A national hotline and chat service that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

<http://www.thehotline.org/>

Military One Source

1-800-342-9647

24 hour Resource for Military Members, Spouses and Families

<http://www.militaryonesource.mil/>

National Eating Disorder Helpline

(800) 931-2237

A national helpline and chat service for individuals struggling with an eating disorder and their friends and families. Monday-Thursday from 9am - 9pm and Friday from 9am - 5pm Eastern Time.

<http://www.nationaleatingdisorders.org/information-referral-helpline>

Kentucky Department of Corrections Reentry Resource

(877) 466-2834

A 24-hour telephone community information and referral helpline and online resource guide for Kentucky.

<http://corrections.ky.gov/reentry/Pages/Pre-ReleaseCommunityResources.aspx>

Kentucky Housing Corporation- Emergency Services

A resource guide developed by the Kentucky Housing Corporation for individuals who are seeking homeless assistance.

<http://www.kyhousing.org/Specialized-Housing/Documents/Community%20Resource%20Guide.pdf>

kynect, Kentucky's Healthcare Connection

(855)-4kynect (459-6328)

(855)-326-4654 TTY

Kentucky's health benefit exchange website.

<https://kynect.ky.gov/>

National Suicide Prevention Resources

American Association of Suicidology

AAS is a charitable non-profit membership organization whose goal is to understand and prevent suicide.

www.suicidology.org

American Foundation for Suicide Prevention

The AFSP is a leading not-for-profit organization exclusively dedicated to preventing suicide.

www.afsp.org

Jed Foundation

The nation's leading organization working to promote emotional health and prevent suicide among college students.

www.jedfoundation.org

National Action Alliance for Suicide Prevention

The National Action Alliance for Suicide Prevention is the public-private partnership advancing the *National Strategy for Suicide Prevention*.

<http://actionallianceforsuicideprevention.org/>

National P.O.L.I.C.E. Suicide Foundation

The National Police Suicide Foundation provides training in peer support to help agencies prevent police suicide and lessen post-traumatic stress disorder.

www.psf.org

National Strategy for Suicide Prevention: Goals and Objectives for Action, 2012

The revised National Strategy is a call to action that is intended to guide suicide prevention actions in the United States over the next decade that includes 13 goals and 60 objectives across four strategic directions: wellness and empowerment, prevention services; treatment and support services; and surveillance, research, and evaluation.

<http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>

QPR Institute

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

www.qprinstitute.com

Society for the Prevention of Teen Suicide

Their mission is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs.

<http://www.sptsnj.org>

Suicide Prevention Resource Center

Information on government suicide prevention efforts, news, events and links to important prevention publications.

www.sprc.org

Suicide Prevention Best Practice Registry

The purpose of the Best Practices Registry is to identify, review, and disseminate information about best practices that address specific objectives of the *National Strategy for Suicide Prevention*.

<http://www.sprc.org/bpr>

Zero Suicide in Health and Behavioral Health Care

The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable and that a systematic approach to quality improvement in these settings is both available and necessary.

<http://zerosuicide.sprc.org/>

State Suicide Prevention Resources

Kentucky Suicide Prevention Group

A grassroots organization dedicated to supporting prevention, intervention, and postvention services throughout Kentucky.

<http://kentuckysuicideprevention.org/>

University of Kentucky-Lexington Survivors of Suicide Loss Support Group

An open group for those who have lost a family member or friend due to death by suicide.

<https://www.facebook.com/uksosgroup>