

Charlie Health Alumni

Crisis Hotlines



You are never alone. Please use the below information to seek immediate help if you need it.

- National Suicide Prevention LifeLine: Call 988. Officially the original number is operational: 1-800-273-8255
- National TextLine: “Home” to 741741
- The Trevor Project: (866)-488-7386
- See below for State/Alumni Specific resources:
- Adolescent Alumni:
 - Teen Life Line: 602-248-8336
- LGBTQIA+ Alumni:
 - National LGBT Youth Crisis Line: 800-246-7743
 - National LGBT Adult Crisis Line: 888-843-4564
 - <https://lgbtqia.ucdavis.edu/support/hotlines>
- Substance Use Alumni:
 - National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-4357
- Eating Disorder Alumni:
 - Eating disorders: <https://www.nationaleatingdisorders.org/help-support/contact-helpline>
 - NEDA Crisis Hotline: (800) 931-2237
 - NEDA Crisis Text Line: If you are in a crisis and need help immediately, text “NEDA” to 741741
- Other:
 - National Human Trafficking Hotline: 888-373-7888
 - Charlie Health Admissions Line: 1 (866) 959-1162

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Crisis Hotlines (State)

- Alabama: <https://www.alabamapublichealth.gov/suicide/crisis-numbers.html>
- Arizona: <https://www.azahcccs.gov/BehavioralHealth/crisis.html>
- California: <https://focus.senate.ca.gov/mentalhealth/suicide>
- Delaware: https://www.dhss.delaware.gov/dsamh/crisis_intervention.html
- Florida: <https://www.suicidehotlines.com/florida.html> or <https://thrivingmind.org/crisis-support>
- Idaho: <https://healthandwelfare.idaho.gov/services-programs/behavioral-health/behavioral-health-crisis-resources>
- Iowa: <https://www.storycountyiowa.gov/1230/Statewide-Crisis-Line>
- Illinois: <https://www.dhs.state.il.us/page.aspx?item=123539>
- Kansas: <https://kdads.ks.gov/kdads-commissions/behavioral-health/consumers-and-families/cmhc-24-hour-crisis-lines>
- Kentucky: <https://dbhdid.ky.gov/kdbhdid/hotlines.aspx>
- Louisiana: <http://www.suicide.org/hotlines/louisiana-suicide-hotlines.html>
- Michigan: <https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/crisis-and-access-line>
- Montana: <https://dphhs.mt.gov/amdd/crisissystemsinformationandresources/crisisservices>
- Nebraska: <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpine-About.aspx#:~:text=What%20you%20need%20to%20know&text=%E2%80%8BThe%20Nebraska%20Family%20Helpline,day%2C%20seven%20days%20a%20week.>
- New Jersey: [Crisis Services, https://njhopeline.com/](https://njhopeline.com/)

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Crisis Hotline (State)



- North Carolina: <https://www.hopeline-nc.org/>
- Oregon: <https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx#wallowa>
- Pennsylvania: <https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>
- Texas: <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>
- Utah: <https://healthcare.utah.edu/hmhi/programs/crisis-diversion/>
- Washington: <https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines>, [Mental health crisis lines](#)
- Wisconsin: <https://www.preventsuicidewi.org/county-crisis-lines>
- Wyoming: <https://health.wyo.gov/wyoming-based-suicide-prevention-hotline-now-available/>, The Wyoming Lifeline: 1-800-273-TALK (8255)

Please be advised that Charlie Health Alumni, this document, texts and emails are not monitored 24/7.

If you are in crisis or in need of immediate assistance, please call 911 or the National Suicide Prevention Hotline at 988.