

Need to talk?

- [Crisis Text Line](#)
Text **HOME** to **741741**
- [National Suicide Prevention Hotline](#) (call or chat)
1-800-273-TALK (8255)
- [NAMI](#) (National Alliance on Mental Health)
1-800-950-6264
Text NAMI to 741741
- [National Domestic Violence Hotline](#)
1-800-799-7233
Text **LOVEIS** to **22522**
- [SAMHSA](#) (Substance Abuse and Mental Health Services Administration)
1-800-662-HELP (4357)