

Crisis Resources

If you feel you are in crisis and cannot keep yourself safe, call 988, 911, or visit your local emergency room.

24/7 hotlines for use when you are in crisis:

National Suicide Prevention Lifeline: 988 or 1.800.273.8255

<https://suicidepreventionlifeline.org/>

<https://www.samhsa.gov/find-help/988>

Crisis Text Line: Text “Home” or “Steve” (BIPOC) to 741-741 <https://www.crisistextline.org/>

The Trevor Project (for LGBTQIA young people): 1.866.488.7386 <https://www.thetrevorproject.org/>

Warm Lines

A great option if you just need to talk to someone

Progress Place Warm Line: <https://www.warmline.ca/>

Call 416.960.9276 or text 647.557.5582 noon-midnight every day

Mental Health America of Virginia: <https://mhav.org/support/warm-line/>

1-866-400-MHAV (6428)

Monday to Friday

9 AM to 9 PM

Saturday, Sunday and Holidays

5 PM to 9 PM

Spanish Services every Friday and Saturday

5 PM to 9 PM, call or text

Text /Chat Support

5 PM to 9 PM Wednesday, Friday & Saturday

NAMI National Warm Line Directory: <https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMINational-HelpLine-WarmLine-Directory-3-11-20.pdf>