

Suicide Prevention & Crisis Resources

Find resources for suicide prevention for you or someone you know.



[988 Suicide and Crisis Lifeline](#)

Available in US and Canada

Dial 988 for free, confidential support 24/7/365. Trained counselors are ready to help with emotional distress, suicidal thoughts, or mental health and substance use crises in the U.S. and Canada.

- Phone: Dial 988
- Text: 988
- [Live chat available](#)

[Crisis Text Line](#)

Available in US and Canada

Access free, 24/7 confidential support through a text-based platform.

- Text "HOME" or "HOLA" to 741741
- [Live chat available](#)

[Veterans Crisis Line](#)

Available in US and Canada

24/7 confidential crisis support for Veterans and their loved ones.

- Phone: Dial 988 then Press 1
- Text 838255
- [Live chat available](#)

[Vets4Warriors](#)

Available in US

Free, confidential peer support from veterans, available 24/7 for service members, veterans, families, and caregivers.

- Phone: 1-855-838-8255
- [Chat or email available](#)

[The Trevor Project](#)

Available in US

Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S for suicide & crisis prevention services for LGBTQ+ youth.

- Phone: 1-866-488-7386
- Text 'START' to 678-678
- [Live chat available](#)

<p><u>The Teen Line</u></p> <p>Available in US</p>	<p>Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling. Available 6PM - 10PM PST.</p> <ul style="list-style-type: none"> • Phone: 310-855-4673 • Text "TEEN" to 839863 • Send a message via email
<p><u>Kids Help Phone Line</u></p> <p>Available in Canada</p>	<p>Free, confidential e-mental health support available 24/7 across Canada for kids, teens, and young adults.</p> <ul style="list-style-type: none"> • Phone: 1-800-668-6868 • Text: 686868 • Live chat available
<p><u>Hope for Wellness</u></p> <p>Available in Canada</p>	<p>Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.</p> <ul style="list-style-type: none"> • Phone: 1-855-242-3310 • Live chat available
<p><u>International Association for Suicide Prevention: Find a Helpline</u></p>	<p>Access a directory of hotlines, phone counseling, online chat, and text services in multiple countries—so you can quickly connect with support in your own region.</p>
<p><u>Employee Assistance Program (EAP): TELUS Health</u></p>	<p>TELUS Health, provides you and your immediate family members with free and confidential help. Access TELUS Health 24/7 by phone, web or mobile app.</p> <ul style="list-style-type: none"> • Phone: 833-672-3327 • Website: one.telushealth.com <ul style="list-style-type: none"> ◦ Login: Use the invitation Code sna-employeeID (ex. sna-12356789) to register
<p><u>Suicide Prevention Interventions and Treatments</u></p>	<p>Information on resources ranging from brief interventions to therapy and medication. Provided by the American Foundation for Suicide Prevention.</p>