

Student Helpline Information

What are hotlines and warmlines?

Hotlines or crisis lines, such as 988, are typically staffed by mental health professionals trained to provide immediate assistance in times of a crisis with an emphasis on keeping you safe. They're available around the clock, offering emotional support with helpful resources and referrals.

Warmlines are an alternative to hotlines for less urgent situations. They exist to offer emotional support and are often staffed by individuals who share identities and experiences of those calling. Warmlines can be an option for those who have low or moderate risk of suicide, and who may want to avoid involving emergency services.

Hotlines & Crisis Lines

Crisis Support

988 Suicide & Crisis Lifeline

Call, chat, or text 988.

988lifeline.org

Crisis Text Line

Text HOME to 741741 (also chat & WhatsApp).

crisistextline.org

Abuse & Assault Support

Intimate Partner Violence — The Hotline

Call 1-800-799-SAFE (7233) or text START to 88788.

thehotline.org

National Teen Dating Abuse Helpline — loveisrespect

Call 1-866-331-9474, text loveis to 22522, or live chat 4 p.m.-midnight CT.

loveisrespect.org

Childhelp — Prevention & Treatment of Child Abuse

Call 1-800-422-4453 or text HELP to 1-800-422-4453. English & Spanish (other languages available).

childhelphotline.org/teens

RAINN Sexual Assault Hotline

Call or chat 1-800-656-HOPE (4673).

rainn.org

Identity-Specific Support

The Trevor Project — LGBTQ Youth

Call 1-866-488-7386 or text START to 678-678.

thetrevorproject.org/get-help

Queer, Polyamorous relationships

Call 1-617-742-4911.

tnlr.org/en/24-hour-hotline

Youth Support

StompOutBullying — Victims of Bullying

Chat: Tues & Wed 7–11 p.m. ET; Fri 9 p.m.–1 a.m. ET.

stompoutbullying.org/helpchat

Youth Support Line — The Youth Line

Call, chat, or text 1-877-968-8491, or text TeentoTeen to 839863, 4–10 p.m.

theyouthline.org

Substance Abuse & Addiction

DrugHelpline

Call 1-844-289-0879.

drughelpline.org

Warmlines

Crisis & Violence Support

A Call for Change — Intimate Partner Violence

Call or email 1-877-898-3411, 10 a.m.–10 p.m. ET. Language translation available.

acallforchangehelpline.org

Identity-Specific Support

Call BlackLine — BIPOC

Call or text 1-800-604-5841.

callblackline.com

LGBTQIA+ Youth Talkline

Call or chat 1-800-246-7743.

lgbthotline.org/youth-talkline

StrongHearts — Native/Indigenous DV & SV

Call or chat 1-844-7NATIVE (762-8483). Does not call police.

strongheartshelpline.org

Trans Lifeline

Call 1-877-565-8860, Mon–Fri 1–9 p.m. ET. Only trans operators. Does not call police.

translifeline.org/hotline

Trans Advice Support Chat

Chat on the website or call 1-888-733-7753, 10 a.m.–2 a.m. ET.

transadvice.org

Youth Support

NAMI Teen & Young Adult Helpline

Call 1-800-950-6264 or text friend to 62640.

Peers are also young adults or teens.

[nami.org — Teen & Young Adult HelpLine](https://www.nami.org/About-NAMI/Youth-Adult-Resources/Teen-Young-Adult-HelpLine)

NAMI Teen & Young Adult Resource Directory

[Download the NAMI resource directory \(PDF\)](#)

Teen Line — Teen-to-Teen Peer Support

Call, chat, or text 1-800-852-8336, 6–10 p.m. PT, or text TEEN to 839863.

teenline.org/youth

Location-Based & Search Tools

Michigan Warmline (Michigan residents)

mcal.my.site.com — [Michigan warmline](#)

Find a Helpline — Search by country and issue

bekind.findahelpline.com

Warmline.org — Search by state

warmline.org

FindHelp — Search by zip code

findhelp.org