



Community Resources: Support Lines

National Parent Helpline

Phone: 1-855-4A Parent (1-855-427-2736)

Hours of Operation: Monday – Friday, 10am PST- 7pm PST

Services: Free emotional support, help you problem-solve, support you in creating your own solutions, encourage you to take care of yourself, work with you to get connected to local services, explore new resources for your family

Population: Adults

Covenant House Nineline

Phone: 1-800-999-9999

Text: **TEEN** to 839863

Hours of Operation: 7 days a week, 1pm-5pm

Services: Free crisis hotline for youth and parents. Provides information for shelter, referrals, information, crisis intervention, and health clinics.

Population: Adolescents & Adults

Crisis Text Line

Text: **HOME** to 741741

Hours of Operation: 24 hours/7 days a week; 365 days

Services: Free, 24/7, text-based mental health support and crisis intervention. Provides assistance with anxiety, depression, eating disorders, emotional abuse, gun violence, self-harm, suicide, and other mental health concerns

Population: Children, Adolescents, and Adults

T.A.L.K. Line

Phone: (415) 441-KIDS (441-5437)

Hours of Operation: 24 hours/7 days a week; 365 days

Services: 24-hour parental support line for parents and caregivers of children and youth

Population: Adults

EMPACT-Suicide Prevention Center (Suicide/Crisis Hotline)

Phone: 480-784-1500 & Toll free 800-273-8255

Hours: 24 hours/7 days a week; 365 days

Services: 24-hour crisis hotlines available to callers who are feeling suicidal, find themselves in crisis, have been a victim of sexual assault or domestic violence, and/or need a referral for services

Population: Children, Adolescents, & Adults

Crisis Response Network

Phone: 1-844-534-HOPE (4673)

Hours: 24 hours/7 days a week; 365 days

Services: Provides telephone support for crisis or problem, including substance use, divorce, relationship challenges, anxiety, depression, grief, loss, thoughts of suicide, violent/abusive situations, finding a safe place and helping with counseling/community services

Population: Children, Adolescents, & Adults

988 Suicide & Crisis Lifeline

Phone: 988

Text: 988

Hours: 24 hours/7 days a week; 365 days

Services: Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for your or loved ones

Population: Children, Adolescents, & Adults

Teen Line

Phone: 866-714-0090

Text: **TEEN** to 839863

Hours: 6pm PST- 10pm PST/ 7 days a week

Services: Support counseling to discuss a various topic, including relationships, anxiety, depression, suicidal feelings, and loneliness

Population: Adolescents

Teen Lifeline

Phone: 602-248-8336

Text: 602-248-8336

Hours: 24 hours/7 days a week for hotline, text messaging 3pm-9pm

Services: Teen-to-teen support peer counseling hotline to discuss suicide and problems, help provide solutions, and to provide a listening ear

Population: Adolescents

Youthline

Phone: 877-968-8491

Text: **teen2teen** to 839863

Hours: 4-10pm daily

Services: Free teen-to-teen crisis support and helpline.

Population: Adolescents ages 11-20 years old