



Crisis Support Resources

988 Suicide & Crisis Lifeline

988 Suicide & Crisis Lifeline 1-800-273-8255 (TALK) or 988 (Note: 988 has been designated as the new three-digit dialing code that will route callers to the Suicide & Crisis Lifeline for assistance with suicidal, mental health and/or substance use crisis).

Website: 988lifeline.org

Chat: 988lifeline.org/chat

National Domestic Violence Hotline

1-800-799-7233

thehotline.org

National Domestic Violence Hotline – Spanish

espanol.thehotline.org

National Domestic Violence Hotline - Text

Text START to 88788

National Domestic Violence Hotline - Live Chat Services

thehotline.org/what-is-live-chat

National Sexual Assault Hotline

1-800-656-4673

National Organization for Victim Assistance

1-800-879-6682

International Crisis Hotline Information

befrienders.org

International Association of Suicide Prevention (International Crisis Centers)

iasp.info/resources/Crisis_Centres

Crisis Text Line Hotline

Text HOME to 741741 to connect with a volunteer Crisis Counselor. Free 24/7 support.

crisistextline.org

Veteran's Crisis Line

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

Dial 988 and press 1 or Text 838255

veteranscrisisline.net

Disaster Distress Helpline

Call or text 1-800-985-5990 to connect with a trained crisis counselor.

[samhsa.gov/find-help/disaster-distress-helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)

The Trevor Project

For LGBTQ youth ages 13-24. Counselors are available by phone, chat and text.

866-488-7386

[The Trevor Project](https://www.thetrevorproject.org/)

Trans Lifeline

Free crisis hotline staffed by transgender people for those who are transgender or questioning.

Call only: 877-565-8860

translifeline.org/hotline

Trans Lifeline – Spanish

translifeline.org/linea-directa/?lang=es

LGBT National Hotline

Call only: 888-843-4564 (M-F 4pm-12am ET, Sat noon-5pm ET)

lgbthotline.org

National Child Abuse Hotline

1-800-422-4453 (1-800-4-A-CHILD)

childhelp.org/hotline

FindTreatment.gov

FindTreatment.gov is a free, confidential, and anonymous resource to find mental health and substance abuse treatment services in the U.S.

1-800-662-4357

[Find a Treatment Facility : FindTreatment.gov](https://www.findtreatment.gov/)

Resources for Puerto Rico

Adult Protective Services

[justice.gov](https://www.justice.gov/)

1-787-749-1333

Child Protective Services

[The Administration of Family and Children](https://www.familyservices.gov/pr/)

1-787-625-4900

Domestic Violence Shelters

[domesticshelters.org/help/pr.puerto-rico#](https://www.domesticshelters.org/help/pr.puerto-rico#)

WomensLaw.org – National Network to End Domestic Violence (English and Spanish)

[womenslaw.org/find-help/pr](https://www.womenslaw.org/find-help/pr)

[womenslaw.org/find-help/pr/advocates-and-shelters/statewide-programs](https://www.womenslaw.org/find-help/pr/advocates-and-shelters/statewide-programs)

[womenslaw.org/find-help/pr/advocates-and-shelters/local-programs](https://www.womenslaw.org/find-help/pr/advocates-and-shelters/local-programs)

[womenslaw.org/es/search/google/Spanish](https://www.womenslaw.org/es/search/google/Spanish)

Case de Esperanza

Serves Puerto Rico and offers a 24/7 crisis line.

esperanzaunited.org/en

Crisis Line: 1-800-799-7233

Main office: 651-646-5553

Commission for the Prevention of Suicide

1-800-981-0023

salud.gov.pr/CMS/108

Find your supportive partner with MS Navigator®

The National MS Society believes no one should face MS alone. MS Navigators connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation, Our **MS Navigators** are available Monday – Friday, 7 a.m. to 5 p.m. MT. To connect, call **1-800-344-4867**, chat or email ContactUsNMSS@nmss.org. We are a partner in your MS journey.