



## EMERGENCY AND MENTAL HEALTH CRISIS

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY CALL 9-1-1, SEEK IMMEDIATE HELP.  
IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY CALL OR TEXT 9-8-8 FOR THE  
SUICIDE AND CRISIS HOTLINE.

[National 988 Lifeline](#) for Mental Health Crisis. For thoughts of suicide, crisis involving substance use disorder, economic worries, relationships, culture and identity, illness, intimate partner violence, depression, mental and physical illness, and loneliness.

- Veteran Crisis Line call or text 988 and press 1
- Spanish-Speakers, call 988 and press 2 or text AYUDA to 988
- LGBTQI+ Youth and Adults call 988 and press 3 or text PRIDE to 988
- Deaf and Hard-of-Hearing People access by [988 videophone](#)

Disaster Distress Helpline for people experiencing emotional distress related to natural or human-caused disasters.

- Call or text 1-800-985-5990
- American sign language users' access [DDH Videophone](#)

RAINN National Sexual Assault Helpline: 1-800-656-HOPE (4673)

### Peer Support Organizations

- National Alliance on Mental Illness [www.nami.org](http://www.nami.org) or 1-800-950-6264
- Alcoholics Anonymous [www.AA.org](http://www.AA.org)
- Narcotics Anonymous [www.na.org](http://www.na.org)
- Al-Anon [www.al-anon.org](http://www.al-anon.org)