



# National Hotlines

If you are in a crisis and are in need of immediate help, call 911 or one of the hotlines below so someone can get you help.

## **SAMHSA (Substance Abuse & Mental Health Service Administration)**

Hours: 24/7, 365 days a year  
1-800-662-HELP (4357)

## **NAMI (National Alliance on Mental Illness)**

Hours: Monday- Friday, 10 am - 6 pm EST  
1-800-950-NAMI (6264)  
Crisis Text Line: Text NAMI to 741-741  
Hours: 24/7

## **National Suicide Prevention Lifeline, Depression & Bipolar Support Alliance**

Hours: 24/7  
1-800-273-TALK (8255)

## **Gay, Lesbian, Bisexual, & Transgender National Hotline**

Monday - Friday 4pm- 12am EST  
1-888-843-4564

## **National Association of Anorexia Nervosa & Associated Disorders**

Hours: 9 am- 5 pm CST  
630- 577-1330

## **National Center for Post-Traumatic Stress Disorder**

Hours: 24/7  
Veteran Help Line: 1-800-273-8255, press 1

## **S.A.F.E. Alternatives - Self-harm behaviors**

Hours: Unknown  
800-366-8288