

Mental Health Life Lines, Hot Lines, and Warm Lines



- **988 Lifeline – Suicide and Crisis Lifeline**
 - Dial or text 988
- **The Alliance for Safe Kids (ASK)**
 - Text HELLO to 741741
- **Boys Town National Hotline and Crisis Support**
 - Dial 1 (800) 448-3000 or text VOICE to 20121
- **BlackLine (BIPOC Mental Health)**
 - Dial 1 (800) 604-5841
- **Hopelink**
 - Dial (434) 230-9704, (703) 527-4077, (804) 223-5241, or (757) 656-7755
- **LGBT National Help Center**
 - Dial (888) 843-4564
- **National Alliance on Mental Illness Helpline**
 - Dial 1 (800) 950-6264 or text "Helpline" to 62640
- **Mental Health America of Virginia Peer-Led Warmline**
 - Dial or text (866) 400-6428
- **SAMHSA National Helpline (Substance Use)**
 - Dial (800) 662-HELP or (800) 662-4357
- **The Trevor Project Crisis Line (LGBTQ+)**
 - 1 (866) 488-7386 or text "Start" to 678-678
- **Trans Lifeline**
 - Dial 1 (877) 565-8860
- **Virginia 211**
 - Dial 211 for assistance
- **Wildflower Alliance Peer Support Line**
 - Dial 1 (888) 407-4515