988 Mental Health Emergency Hotline(NAMI) HelpLine: 1-800-950-NAMI, or text “HELPLINE” to 62640.

American Association of Poison Control Centers: 1-800-222-1222

Family Violence Helpline: 1-800-996-6228

LGBTQ Hotline: 1-888-843-4564

National Council on Alcoholism & Drug Dependency: 1-800-622-2255

National Maternal Mental Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255); In English and Spanish

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)

Lap of Love Pet Loss and Bereavement Resource Line: (855) 352-5683

National Domestic Violence Hotline: 1-800-799-7233

Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE

SAMHSA: (800) 662-4357: connects bereaved individuals to grief counseling service providers

The SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428)

The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT. Call 1-844-762-8483.

The Trans Lifeline is staffed by transgender people for transgender people: 1-877-565-8860