

# *Mental Health Hotlines*

**988**

*Suicide & Crisis Hotline*  
~call or text~

(similar to 911 but specifically for mental health-related issues)

**1-866-488-7386**

or text **START** to **678-678**

*Trevor Project Hotline*

(for LGBTQ+ youth)

**1-800-799-7233**

*National Domestic Violence Hotline*

**1-800-632-8188**

*Parental Stress Hotline*

**1-833-9-  
HELP4MOMS**

**(1-833-943-5746)**

~call or text~

*National Maternal Mental  
Health Hotline*

**1-800-662-HELP  
(4357)**

*SAMHSA Hotline*

(Mental health & Substance use)

Please feel free to take a photo of these numbers if you feel you may need them in the future!

~RPA Behavioral Health Team