



U.S. CENTER
**MENTAL HEALTH
& SPORT**

National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

988

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis

"NEDA" to 741741

Text – Non-Crisis

1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

<https://www.samaritans.org/>

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

<https://www.teenline.org/>

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863





U.S. CENTER MENTAL HEALTH & SPORT

Local Mental Health Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

Aspire Mobile Response Teams – Orange County

407-667-1600

24-hour mobile crisis intervention and assessment services for adults experiencing severe emotional or mental health crises that could become emergencies if not addressed quickly. Requests for on-site evaluation may be received from any source and evaluations occur in any settings in which a behavioral health crisis occurs. Telehealth response is also available.

Central Florida Helpline – Orange County

407-425-2624

24-hour crisis line.

Domestic Violence Hotline: Harbor House

407-886-2856

Emergency shelter, court injunctions and a confidential hotline. If you or someone you know is in an abusive relationship, a safe exit strategy is essential. If you are in danger, call 911. Harbor House will provide support and encouragement to help you rebuild your life, free of abuse.

Florida Warm Line

800-945-1355

The Florida Warm Line is for individuals with a mental illness who want to talk with someone who shares personal experience coping with mental health issues. When you need someone **to listen** or need **to feel heard**, please call.

HopeLine

Call or Text 877-235-4525

Provides suicide and crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources. HopeLine defines a crisis as any disruption in someone's life that would lead them to reach out to us; there is nothing too big or small for us to support you. HopeLine volunteers and staff are not licensed counselors but trained listeners.

NAMI Greater Orlando

Call or Text

407-253-1900

Local chapter of the National Alliance of Mental Illness with opportunities for support, education materials, programs, and advocacy.

Thrive Lifeline

Text "THRIVE" to 313-662-8209

Text-based crisis hotline brings together experienced suicide interveners to help keep you safe during times of acute mental health crises. They are also a helpline for underrepresented individuals including persons of color, LGBTQ2S+, persons living with disabilities, neurodiverse, and/or other marginalized identities. If you are not in an acute crisis, but are dealing with stress as you navigate identity, orientation, or barriers to academic and professional entry, THRIVE can help!

United Way of Central Florida

Call 211

Text Your Zipcode to 898-211

Email uw211help@gmail.com

Online Chat <https://www.hfuw.org/chat/>

The most comprehensive source of human and social services information in the country.

Victim Service Center of Central Florida

407-500-HEAL

Provides individualized services and resources to victims of sexual assault, violent crime, and traumatic circumstances, through crisis response, advocacy, therapy, and community awareness.

Florida Department of Health

850-245-4465

Has additional general resources, hotlines, and services for all types of health concerns.

