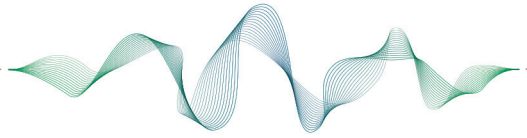




Crisis Lines



Lines for Life's Crisis Lines provide free, confidential crisis support. Our highly trained call counselors guide callers and family members through compassionate support, immediate assistance, and referral services that help people find hope.

Suicide & Crisis Lifeline - 24/7
988

Red Nacional de Prevención del Suicidio - 24/7 ayuda en Español
1.888.628.9454

Alcohol & Drug Helpline - 24/7
1.800.923.4357

Military Helpline - 24/7
1.888.457.4838

Senior Loneliness Line - 24/7
1.800.282.7035

Racial Equity Support Line - 10am-7pm Pacific, Mon-Fri
503.575.3764

YouthLine - teens answer 4-10pm Pacific, adults answer all other hours
1.877.968.8491 or text teen2teen to 839863

- Language interpreters available -

Learn more at linesforlife.org





lines *for* life