

Teen Helplines

It's okay not to be okay. It's okay to reach out for help.

If you are struggling, if life feels like it's too much, if you feel like you're drowning and you can't breathe and you are never going to feel better – reach out. Those feelings won't last forever. You can, and will, get through it.

Websites

[SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org)

[TeenLine.org](https://www.teenline.org)

[TrevorProject.org](https://www.trevorproject.org) (LGBTQ+)

[ItGetsBetter.org](https://www.itgetsbetter.org) (LGBTQ+)

Text Messages

Crisis Textline: Text HOME to 741-741

TrevorText: Text START to 678-678

Hotlines

National Suicide Prevention: 1-800-273-TALK (8255)

Teen Line: 866-948-2988 6pm to 10pm PST.

Trevor Lifeline (LGBTQ+): 1-866-488-7386

Trans Lifeline: US:(877)565-8860 CANADA:(877)330-6366

Runaway and Homeless Youth Hotline: 1-800-786-2929

National Child Abuse Hotline at 1-800-422-4453

National Sexual Assault Hotline: 1-800-656-4673

National Human Trafficking Hotline: 1-888-373-7888

Love is Respect (Domestic Violence Hotline): 866-331-9474

Coalition Against Domestic Violence: 1-800-799-7233