



- **Mental Health Hotlines:**
 - If in danger of self harm or suicide - call 911.
 - [National Suicide Prevention Line](#): call three-digit dialing code 988, 800-273-TALK (8255), or text “TALK” to 741741
 - [Crisis Text Line](#): text “DESERVE” to 741741
 - [National Suicide Prevention Hotline](#) (options for deaf or hard of hearing): for TTY users - use your preferred relay service or dial 711 then 1-800-273-8255
 - [National Hopeline Network](#): call 800-784-2433
 - [Lifeline Crisis Chat](#): click the link or call 1-800-273-TALK (8255)
 - [Northampton County Crisis Intervention](#): call 610-252-9060
 - [Lehigh County Crisis Intervention](#): call 610-782-3127
 - [Self-Harm Hotline](#): call 800-366-8288
 - [Substance Abuse and Mental Health Services Administration National Helpline](#): call 800-662-4357
- **Alcohol and Drug Use:**
 - [Alcohol Hotline](#): call 800-331-2900
 - [Alcohol and Drug Helpline](#): call 800-821-4357
 - [Alcohol and Drug Abuse Hotline](#): call 800-729-6686
 - [National Council on Alcoholism and Drug Dependency Hope Line](#): call 800-622-2255
 - [National Help Line for Substance Abuse](#): call 800-262-2463
- **LGBTQ+ Support:**
 - [GLBT Hotline](#): call 888-843-4564
 - [The Trevor Project](#): live chat by clicking the link or call/text 866-488-7386
 - [Trans Lifeline](#): call 877-565-8860
- [Eating Disorder Hotline](#): call or text 800-931-2237
- [Childhelp National Child Abuse Hotline](#): live chat by clicking the link or call/text 800-422-4453
- [National Domestic Violence Hotline](#): live chat by clicking the link, call 800-799-7233, or text “START” to 88788
- [National Sexual Assault Hotline](#): live chat by clicking the link or call 800-656-4673
- [Veterans Crisis Line](#): live chat by clicking the link, text 838255, or call 800-273-8255 and press 1
- [Planned Parenthood Hotline](#): chat online by clicking the link, text “PPNOW” to 774636, or call 800-230-7526