

National Emergency Resources

If you or your patient is experiencing a medical emergency or crisis, please call 911. The resources below are available nationwide. This list was last updated December 2022 by PsychUp Nursing PC.

988 Suicide & Crisis Lifeline

- " Call or text 988, or 1-800-273-TALK (8255).
- " Nacional de Prevencion del Suicidio: 1-888-628-9454.
- " Chat online at 988lifeline.org.

Crisis Text Line

- " Text HOME to 741741.

National Alliance on Mental Illness (NAMI)

- " Call 1-800-950-NAMI (6264), or text 62640.
- " Chat at nami.org/help. Email helpline@nami.org (Mon-Fri 10am-10pm ET).

SAMHSA - Substance Abuse & Mental Health Services Administration

- " National Helpline: call 1-800-662-HELP (4357), or text your zip code to 435748. Free, confidential treatment referral in English and Spanish.
- " Disaster Distress Helpline: call or text 1-800-985-5990.

Veterans Crisis Line

- " Call 988 then press 1, or text 838255.

Other National Hotlines

- " National Sexual Assault Hotline: 1-800-656-HOPE (4673).
- " National Domestic Violence Hotline: 1-800-799-SAFE (7233).
- " Childhelp National Child Abuse Hotline: 1-800-422-4453.
- " Postpartum Support International: 1-800-944-4773.
- " National Maternal Mental Health Hotline: 1-833-943-5746 (1-833-9-HELP4MOMS).
- " National Grad Crisis Line (graduate students): 1-877-472-3457 (GRAD-HLP).

LGBTQ+ Support

- " LGBT National Hotline: 888-843-4564.
- " LGBT Youth Line (under 25): 800-246-7743.
- " LGBT Senior Line (over 50): 888-234-7243.
- " The Trevor Project (LGBTQ young people 13-24): call 1-866-488-7386, or text START to 678678.
- " Trans Lifeline: (877) 565-8860.
- " Call BlackLine (BIPOC & LGBTQ+ Black Femme lens, peer support): call or text 1-800-604-5841.

Health-Specific Resources

- " American Cancer Society: 1-800-227-2345.
- " Alzheimer's Association: 1-800-272-3900.
- " National Cancer Institute Smoking Quitline: 1-877-448-7848 (44U-QUIT), Mon-Fri 9am-9pm ET.
- " National Alliance for Eating Disorders: 866-662-1235, Mon-Fri 9am-5:30pm ET. Email info@allianceforeatingdisorders.com.
- " Blink Health: mail-order pharmacy offering affordable medication prices.

PsychUp Nursing PC - support@psycheup.com - (888) 783-1883