

CRISIS NUMBERS

There is help if you are experiencing a crisis.

- **911** (note: some people have had negative experiences with law enforcement. This might not be the best resource for that person.)
- **National Suicide Lifeline:** 988
- **Indiana's Be Well Crisis Helpline:** Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains. Service is free and confidential.
 - 211, enter Zip Code and Press 3
- **Crisis Text Line:** Free, 24/7 support from a trained crisis counselor. A “crisis” doesn't just mean suicide: it's any painful emotion for which you need support such as bullying, school stress, depression, anxiety, suicide, relationships, friendships, family problems, self-harm
 - Chat: Text HOME to 741741
- **National Domestic Violence Hotline:** Help for if you or someone you know is experiencing violence.
 - Call: (800) 799-SAFE (7233)
 - TTY: (800) 787-3224
 - Text: Text START to 88788
- **National Addiction & Recovery Helpline:** Free, confidential treatment referral and information for individuals and families.
 - Call: 800-662-HELP (4357)
 - TTY: 800-487-4889
- **Veterans' Crisis Line:** Confidential, 24/7 support for veterans experiencing emotional distress or considering hurting themselves.
 - Call: Dial 988 then press 1
 - Text 838255