

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: call or text 988**
- **Indiana 211:** Contact for information and community resources. Indiana 211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like: Food, housing and shelter, utility assistance, health care services, government services. If someone calls and is assessed to need suicide intervention and crisis support, they will be directed to call the National Suicide Lifeline at 988.
 - Call or text 211
- **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
 - <https://www.crisistextline.org/> for more ways to access the Crisis Text Line
- **National Domestic Violence Hotline:** Help for if you or someone you know is experiencing violence.
 - Call: (1-800) 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 (in English and in Spanish).
 - Call: 800-662-HELP (4357)
 - TTY: 800-487-4889
 - Text: send zip code to 435748 to find help near you.
 - Find treatment: <https://findtreatment.gov/>
- **Veterans' Crisis Line:** Confidential, 24/7 support for veterans experiencing emotional distress or considering hurting themselves.
 - Call: Dial 988 then press 1
 - Text 838255

Accurate as of 2/29/25