



Helplines, Hotlines and Immediate Assistance

If you are in crisis and need immediate assistance, dial 911 on your phone. Emergency personnel will gladly come help you.

Provider	What they do:	Serves	Cost?	Service Type	Contact Info:
Abuse Counseling And Treatment Inc (ACT)	Non-Residential individual counseling and therapy for victims and their children.	Adults	Free	In person	24 hour helpline: 239-939-3112 Email: act@actabuse.com
American Foundation for Suicide Prevention (AFSP)	AFSP engages with families, mental health professionals, community and local business leaders, school administrators and others interested in preventing suicide.	Children & Adults	Free	Telephone	Phone: 1-888-333-2377 Text line(SWFL): 1-407-415-8757 Available 24 hrs.
Boys Town National Hotline	Services for underprivileged young men and boys and families exposed to abuse, addiction, abandonment or violence.	Children and their families	Free	Varies	Phone: 1-800-448-3000 https://www.boystown.org/
Center for Progress and Excellence (CPE)	Mobile Crisis Response Team for Lee, Charlotte, Hendry, Glades and Collier Counties	Children & Adults	Free of Charge	Varies	844-395-4432 24 hours a day/ 7 days a week
Crisis Text Line	Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust —text messaging.	Children and Adults	Free	Telephone	Text the word START to 741-741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds immediately.
First Candle	First Candle's Grief Support is a bilingual, 24/7 crisis hotline for grieving families who have tragically experienced a loss.	Children & Adults		Telephone	Phone: 800-221-7437
National LGBT Hotline	The GLBT National Help Center provides telephone, online chat, and email peer-support. They speak with callers of all ages about bullying, workplace issues, HIV/AIDS anxiety, coming out, relationships, safer sex, and more. They also have a massive resource database for social and support groups, gay-friendly religious organizations, sports, leagues, student groups, and more.	Youth & Adults	Free	Telephone	1-888-843-4564 Mon – Fri 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET Youth Talkline 1-800-246-7743 Mon – Fri 4 p.m. to 12 a.m. ET Saturday 12 p.m. to 5 p.m. ET For teens & young adults to age 25
National Suicide Prevention Lifeline	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.		Free	Telephone	Phone: 800-273-TALK (8255) 24 hours a day/ 7 days a week

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Substance Abuse and Mental Health Services Administration (SAMHSA) Hotline	SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.	Children and Adults	Free	Telephone	Phone: 1-800-662-HELP (4357) or TTY: 1-800-487-4889 Callers can also order free publications .
The Trevor Project	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	Youth	Free	Telephone and on line	<ul style="list-style-type: none"> Trevor Lifeline 866 4U TREVOR (1-866-488-7386) TrevorChat—A free, confidential, secure instant messaging service available daily at https://www.thetrevorproject.org/get-help-now/#trevorChat TrevorText—text with a trained Trevor counselor for support and crisis intervention, available daily by texting START to 678678.
Txt 4 Help Safe Place provides access to immediate help and supportive resources for youth in need. The program designates schools, fire stations, libraries, and other youth-friendly organizations as Safe Place locations.	TXT 4 HELP works anywhere in the US, and extends access to safety for teens. TXT 4 HELP can be used for the same reason a young person may go to a Safe Place site - abuse, bullying, family problems, depression, suicidal thoughts, and others. TXT 4 HELP counselors can provide support via text, and can offer additional suggestions for immediate help regardless of where you are.	It's quick, easy, safe, and confidential. TXT 4 HELP is a free service offered to all youth in crisis.	Free	Telephone	<p>Here's how it works:</p> <ul style="list-style-type: none"> Text the word "safe" and your current location (address, city, state) to 4HELP (44357). Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency. For immediate help, reply with "2chat" to text interactively with a trained counselor.
Veterans Crisis Line	This free support is confidential and serves all Veterans, all Service members, National Guard and Reserve, and their family members and friends.	Children and Adults	Free	Telephone and on line	<ul style="list-style-type: none"> Call 1-800-273-8255 and Press 1 Support for deaf and hard of hearing 1-800-799-4889 Text 838255 Connect online at: https://www.veteranscrisisline.net/get-help/chat/homeless-veterans-chat Available every day, 24/7
Warm Line (NOTE: This is NOT a crisis hotline)	The CLEAR Warm Line is for individuals with a mental illness who want to talk with, or be heard by, someone who shares personal experience coping with mental health issues.	Adults	Free	Telephone	Phone: 1-800-945-1355 Peer Operators are available to take your call from 4:00pm – 10:00pm, 7 days per week