

# 24/7 Mental Health Crisis Resources

If you or someone you know is struggling, there is help available. Don't hesitate to reach out for support!



**988** SUICIDE & CRISIS  
LIFELINE

24/7 CALL, TEXT, CHAT

*For ANYONE in Crisis: 988 Suicide and Crisis Lifeline*  
National 24/7 crisis line (call, text, or chat)

*Crisis Text Line (for the US & Canada)*

- Free, 24/7 support for those in crisis
- Text ALOHA to 741-741 | <http://www.crisistextline.org/>

CRISIS TEXT LINE |



*Hawai'i CARES (formerly Crisis Line of Hawai'i)*

- Call or text to 9-8-8 | <https://hicares.hawaii.gov/>
- Calling or texting from 808 area code auto-directs to Hawai'i CARES. If you have a non-808 area code, & want a local crisis counselor call direct at (808) 832-3100 or toll-free at 800-753-6879.



*Hawai'i Poison Hotline*

- For management of poison exposure, identifying unknown medications, & severe overdoses. | <https://www.hipoisoncenter.org/>

# Population-Specific 24/7 Crisis Resources



## *For Youth & Young Adults*

Also reached at 9-8-8 | <https://youmatter.988lifeline.org>



## *Trevor Helpline: For LGBTQ+ young people*

- 1-866-4U-TREVOR (488-7386) | Text "start" to 678-678
- Chat & resources at <http://www.thetrevorproject.org/>



## *Trans Lifeline*

1-877-565-8860 | <https://www.translifeline.org/>



## *For Veterans*

- Also reached at 9-8-8 | Press "1" for Veterans
- OR Text to 838255 | Confidential chat @ <https://veteranscrisisline.net/>



## *Military One Source*

- 24/7 hotline, free to service members and their families
- Stateside: 1-800-342-9647 | TTY/TDD: 866-607-6794
- <http://www.militaryonesource.mil/> for confidential chat/int'l calling instructions

