Call/Chat a Hot Line when you're in crisis (feeling suicidal or significant distress)
Call/Chat a Warm Line when you just need a listening ear.

National Hotlines (24/7)
(Click on name to access Chat options)

- **National Suicide Prevention Lifeline**: 1-800-273-8255
- **Crisis Text Line**: Text “Home” or “Steve” (students of color) to 741-741
- **The Trans Lifeline**: 877-565-8860
- **The Trevor Project Crisis Line (LGBTQ)**: 1-866-488-7386
- **SAMHSA’s Disaster Distress Helpline**: 1-800-985-5990
  (for those experiencing emotional distress after natural or human-caused disaster)

Warm Lines
(Click on name to access Chat options)

- **CAPS Peer Support Line** —> Click the Green Widget to get started!
- **MHAV**: 1-866-400-6428 (M-F, 9am-9pm S&S, 5-9pm)
- **Progress Place** (7 days a week): 12pm-8pm, Call 416-323-3721, 8pm-12pm Call 416-960-9276 or Text 647-557-5882

COVID-19 Warm Line
(Specifically to support anyone in Virginia struggling with trauma, grief and distress caused by COVID-19)

- **VA Copes**: Call or Text 877-349-6428 (M-F, 9am-9pm, S&S, 5-9pm)