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.

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**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)*

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**Warm Lines**

*(Click on name to access Chat options)*

- **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

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**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)