

HOT & WARM LINES

When do I use a hot vs. a warm?

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)

- ◆ [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)

