

## HOTLINES

Numbers listed in this Hotlines section are answered 24/7.

**National Suicide Prevention Lifeline**  
www.suicidpreventionlifeline.org 1-800-273-TALK (8255)

**The Trevor Project**  
Suicide & crisis prevention helpline for gay and questioning youth. www.thetrevorproject.org 1-866-4-U-TREVOR  
or 1-866-488-7386

**Native Youth Crisis Hotline**  
(no website available) 1-877-209-1266

**National Runaway Hotline**  
Help keeping America's runaway and at-risk youth safe and off the streets.  
www.1800runaway.org 1-800-RUNAWAY  
or 1-800-786-2929

## MORE RESOURCES

**SAVE – Suicide Awareness Voices of Education**  
www.SAVE.org 1-952-946-7998  
1-888-511-7283

**Teen Health**  
Information on a wide variety of health subjects for teens including depression  
www.teenhealth.com website only

**Teen Line Online**  
A hotline operated by teens, for teens, answered evening hours, check website for times  
www.teenlineonline.org 1-800-TLC-TEEN  
or 1-800-852-8336

**Reach Out**  
Information and support service to help teens and young adults facing tough times and struggling with mental health issues.  
www.reachout.com website only

**The Jason Foundation**  
Provider of educational curriculums and training programs for students, educators/youth workers and parents.  
www.thejasonfoundation.org website only