

PATIENT HOTLINES

POSTPARTUM SUPPORT INTERNATIONAL

National Maternal Mental Health Hotline: 1-833-TLC-MAMA
Suicide Prevention Hotline: Text 988

- Call 1-800-944-4773 (4PPD)
- #1 En Español or #2 English

Text in English: 800-944-4773
Text en Español: 971-203-7773

NAME	CONTACT NUMBER	WEBSITE	NOTES
9-1-1	9-1-1		EMERGENCY for IMMEDIATE HELP
Suicide Prevention Hotline	Voice: 1-800-273-8255 (1-800-273-TALK) Text: 988	https://suicidepreventionlifeline.org	https://988lifeline.org/
	741741 (US) 686868(Canada)	www.crisistextline.org	
NH Rapid Response Access Point	1-833-710-6477	www.nh988.org	If you or someone you care about is experiencing a mental health and/or substance use crisis, you can call and speak to trained and caring clinical staff.
National Maternal Mental Health Hotline	1-833-TLC-MAMA (1-833-852-6262)	https://mchb.hrsa.gov/	
PSI Helpline	Phone: 1-800-944-4773 ext 1 Text in English: 800-944-4773	https://www.postpartum.net/	Spanish-speaking support coordinators who provide information about local providers and resources by phone, text, or email
PSI Helpline	Phone: 1-800-944-4773 ext 2 Text en Español: 971-203-7773	https://www.postpartum.net/	English-speaking support coordinators who provide information about local providers and resources by phone, text, or email
Veterans Crisis Line	1-800-273-8255 and Press 1 or TEXT 838255	https://www.veteranscrisisline.net/	Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.
Trans Lifeline	1-877-565-8860	https://translifeline.org/	Hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.
Disaster Distress Helpline	1-800-985-5990	https://www.samhsa.gov/find-help/disaster-distress-helpline	24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
The Trevor Project	1-866-488-7386	https://www.thetrevorproject.org/	A national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call 1-866-488-7386 to connect with a trained counselor.
LGBT National Help Center	1-888-843-4564	https://www.lgbthotline.org/	Open to callers of all ages. Provides peer-counseling, information, and local resources.
NAMI NH		https://www.namih.org/suicide-prevention/	