

Crisis Hotlines state by state

State hotlines for crisis assistance. Most services operate 24 hours, except where different times are noted next to that number.

Alaska

Central Peninsula Counseling Services
(907) 283-7511

Alabama

Crisis Services of N. Alabama, Inc.
(256) 716-1000 or 1-800-691-8426

Arkansas

NW Arkansas Crisis Intervention Center
888 274-7472 or (479) 756-2337 (local)

Arizona

EMPACT-Suicide Prevention Center
(480) 784-1500
EMPACT-Sexual Assault Line
(866) 205-5229

California

Suicide Prevention Center
Didi Hirsch Community Mental Health Center
(877) 727-4747

Colorado

Jefferson Center For Mental Health
800 201-5264 or (303) 432-5049 (TDD)

Connecticut

River Valley Services Services
(860) 344-2100
Wheeler Clinic, Inc.
(860) 747-3434 or (860) 524-1182

Delaware

CONTACT Delaware, Inc.
800 262-9700 or (302) 761-9100 (local)

District of Columbia

Access Helpline
888-793-4357

Florida

Switchboard of Miami, Inc.
(305) 358-4357

Georgia

Emergency Mental Health Services
(404) 730-1600

Iowa

Foundation 2 Crisis Line
(319) 362-2174 or (319) 332-4224
Crisis Line: Service of the American Red Cross
800 244-7431

Idaho

Idaho Suicide Prevention Hotline
800 564-2120
Region VII Mental Health 24-hour emergency
(208) 528-5700

Illinois

Mental Health Association of Illinois Valley
888 799-7373 or (309) 673-7373

Hawaii

Crisis Line
800 877-7999

Indiana

Community Health Center
(877) 849-1248
Crisis Contact Help Line
800 519-0469

Kansas

Headquarters Counseling Center
(785) 841-2345 or 1-800-SUICIDE

Kentucky

River Valley Behavioral Health
800 433-7291
Life Skills Hotline
800 223-8913

Louisiana

Baton Rouge Crisis Intervention Center, Inc.
(225) 924-3900 or 1-877-923-2114

Massachusetts

The Samaritans on Cape Cod and the Islands, Inc.
800 893-9900 or (508) 548-8900

Maryland

Grassroots Crisis Intervention Center, Inc.
(410) 531-6677 or 1-800-422-0009

Maine

Ingraham
888 568-1112
Crisis Response Service
888 568-1112

Michigan

Third Level Crisis Center
800 442-7315
University of Michigan Health System
(734) 996-4747

Minnesota

Crisis Line & Referral Service
800 462-5525

Listening Ear Crisis Center
800 854-9001

Missouri

St. Louis Life Crisis Services
(314) 647-4357 or 1-800-SUICIDE
St. Louis Behavioral Health Response
(314) 469-6644 or 800 811-4760

Mississippi

CONTACT Crisis Line
(601) 713-4357 or (866) 322-9832 (Spanish)

Montana

Crisis Line-Voices of Hope
(888) 587-0199

North Carolina

Riverstone Counseling and Personal Development
(252) 537-2909 or 800 742-2572

North Dakota

Mental Health Association HELP-LINE
800 472-2911
West Central Human Service Center
888 328-2112 or 800 366-6888 (TTY)

Nebraska

Girls & Boys Town National Hotline
800 448-3000

New Hampshire

Riverbend Community Mental Health Services
800 852-3323
The Samaritans of the Monadnock Region
(603) 357-5505

New Jersey

Center for Family Services
800 648-0132

New Mexico

Crisis Response of Santa Fe
(888) 920-6333 or (505) 820-6333 (local)
The Dutchess County Department of Mental Hygiene
(877) 485-9700 or (845) 486-2866 (TTY)

Ohio

Portage Path Community M.H. Center
(330) 434-9144 or 1-888-434-8878
Crisis Intervention Center of Stark County
800 956-6630

Oklahoma

Contact Telephone Hotline
(405) 848-2273

Pennsylvania

Montgomery County Emergency Service, Inc.
800 452-4189 or (610) 279-6100
Adams/Hanover Counsel Service
(717) 632-4900
Contact Pittsburgh, Inc.
(412) 820-4357 or (412) 820-TALK

Oregon

NW Human Services Inc.-Crisis & Information Hotline
800 560-5535 or (503) 588-5833 (TTY)

Rhode Island

The Samaritans of Rhode Island
800 365-4044

South Carolina

Aiken County Help Line, Inc.
(803) 648-9900
United Way 2-1-1
(866) 744-7778

South Dakota

Help! Line Center
(605) 339-4357

Tennessee

Centerstone Community Health Centers, Inc.
800 681-7444

Texas

Suicide and Crisis Center
(214) 828-1000
Crisis Intervention of Houston, Inc.
(713) 468-5463

Utah

Valley Mental Health Crisis Service
(801) 261-1442

Virginia

New River Community Services-ACCESS Services
(888) 717-3333
ACTS Helpline
(703) 368-4141

Vermont

Clara Martin Center
800 639-6360

Washington

North Islands Mental Health
800 584-3578
Crisis Clinic of the Peninsulas
800 843-4793 or (360) 479-3033

Wisconsin

Walworth Co. Department of Human Services
800 365-1587

West Virginia

Contact Huntington Inc.
(304) 523-3448 or 1-866-399-7273

Wyoming

Victims of Violence Center
(307) 347-4991