



**NATIONAL HEMOPHILIA FOUNDATION**  
*for all bleeding disorders*

# MENTAL HEALTH CRISIS HOTLINES

This list is for individuals and families affected by bleeding disorders who are in mental health crisis. Individuals experiencing a life-threatening situation or having thoughts of self-harm or harming others should seek immediate assistance by calling 9-1-1 or going to the nearest emergency department.

## 988 SUICIDE AND CRISIS LIFELINE

988

*The National Suicide Prevention Lifeline is now the 988 Suicide and Crisis Lifeline.*

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

1-800-662-HELP (4357)

## NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

1-800-950-NAMI (6264)

## NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

## TREVOR PROJECT

*The Trevor Project provides 24/7 crisis support services to LGBTQ young people*

1-866-488-7386

## VETERAN'S ASSOCIATION

1-800-273-8255

## CRISIS TEXT LINE

Text HOME to 741741

*\*Envía un mensaje de texto con la palabra AYUDA al 741741 para comunicarte de manera gratuita con un Consejero de Crisis*

## RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN)

1-800-656-HOPE (4673)

*NHF does not give medical advice and always recommends consulting a medical professional if you are in need of care.*