NATIONAL BLEEDING DISORDERS FOUNDATION

MENTAL HEALTH CRISIS HOTLINES

This list is for individuals and families affected by bleeding disorders who are in a 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

NATIONAL MATERNAL MENTAL HEALTH HOTLINE

1-833-TLC-MAMA

CRISIS TEXT LINE

TEXT HOME TO 741741

**Connect with a volunteer for free confidential 24/7 support*

RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN)

1-800-656-HOPE (4673)

Note: NBDF does not give medical advice and always recommends consulting a medical professional if you are in need of care.