

# Psychological Safety Resources

## [The National Suicide Prevention Lifeline](#)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Families and youth can call 1-800-273-8255 to access support.

## [The Trevor Project](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. LGBTQ youth can call 1-866-488-7386, or text START to 678-678 to access support.

## [SAMHSA Helpline \(Treatment Referral Routing Service\)](#)

The Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Parents and youth can call 1-800-662-HELP (4357) to access support.

## [National Domestic Violence Hotline](#)

The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Youth can call 1-800-799-SAFE (7233) to access support.

### **If you or a loved one are having a psychiatric crisis you can call 9-1-1:**

Ask for a Crisis Intervention Team (CIT) trained officer and clinician. If there are none, explain your circumstances and ask for assistance. CIT trained police officers understand mental health issues.