

988 Suicide and Crisis Lifeline

 988

 Text 988 or visit 988lifeline.org/chat

 988lifeline.org

DC Access Helpline

 1-888-793-4357


 dbh.dc.gov/service/access-helpline

Trevor Lifeline (LGBTQ)

 1-866-488-7386

 thetrevorproject.org/get-help

Trans Lifeline

 1-877-565-8860

 translifeline.org

Crisis Text Line

 Text "GO" to 741741

 crisistextline.org