

LOCAL AND NATIONAL RESOURCES

If you or someone you know needs support please contact the following:

- Suicide Hotline
 - 988 (Text or Call)
 - 1-800-273-8255 (English)
 - 1-800-628-9454 (Spanish)
- Crisis Text-line
 - Text HOME to 741741
- LGBTQ+ Crisis Line
 - 1-866-488-7386 (General)
 - 1-800-246-7743 (Youth-to-Youth Talk-line)
- Veterans Crisis Line
 - 1-800-273-8255 Press 1
 - 838255 (Text)
- National Problem Gambling Helpline
 - 1-800-522-4700
- Behavioral Health Crisis Center (Local)
 - 757-656-7755
- Hampton-Newport News CSB Crisis Line
 - 757-788-0011
- Hampton-Newport New CSB Peer Support Warm Line
 - 757-251-2394

People you trust that you can ask for help:

- Parent/Guardians or Spouse/Significant others
- Teacher or Supervisors/Coworkers
- Counselor or Therapist
- Clergy/Spiritual Leaders
- Mentor
- Peer Support Specialist
- Employee Assistance Program (EAP)
- Other trusted adult

In an emergency situation call 911 and ask for a Crisis Intervention Team (CIT) Officer to respond.

