

PENNSYLVANIA DEPARTMENT OF EDUCATION
MENTAL HEALTH RESOURCES

EMERGENCY CONTACT INFORMATION

National Suicide Prevention Lifeline

1-800-273-TALK (8255) [24/7 Hotline]

1-888-628-9454 (Spanish)

1-800-799-4889 (TTY)

This hotline is available 24 hours a day.

Crisis Text Line

Text "MHFA" to 741741 to speak with a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem-solving and will address the caller's situation.

PA Behavioral or Mental Health Crisis Services 24/7 for free...

- Call or Text 988 to start any conversation
- Live Link: [Connect to a counselor via chat - Opens In A New Window](#)
- PA Support & Referral Helpline: 1-855-284-2494 (TTY: 724-631-5600)
- Crisis Text Line: Text PA to 741741
- Veteran Crisis Line: Dial or Text 988 then press 1
- Disaster Distress Helpline: 1-800-985-5990

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• The Trevor Project Lifeline (LGBTQ): 1-866-488-7386

Text "Start" to 678-678

[Online chat function](#) Opens In A New Window

• Trans Helpline: 877-565-8860