National Suicide Hotline
1-800-273-8255 (TALK)
Spanish Line (24/7): 1-888-628-9454
Website: suicidepreventionlifeline.org
National Suicide Hotline Chat: suicidepreventionlifeline.org/chat

National Domestic Violence Hotline
1-800-799-7233
thehotline.org

National Domestic Violence Hotline - Spanish
espanol.thehotline.org

National Domestic Violence Hotline Text
LOVEIS to 22522

National Domestic Violence Hotline - Live Chat Services
thehotline.org/what-is-live-chat

National Sexual Assault Hotline
1-800-656-4673

National Organization for Victim Assistance
1-800-879-6682

International Crisis Hotline Information
befrienders.org

International Association of Suicide Prevention (International Crisis Centers)
iasp.info/resources/Crisis_Centres

Crisis Text Line Hotline
Text 741741 from anywhere in the US
crisistextline.org
Veteran’s Crisis Line
1-800-273-8255 (TALK) and press 1
Text 838255
veteranscrisisline.net

Disaster Distress Helpline
1-800-985-5990
Text TalkWithUs to 66746
https://www.samhsa.gov/find-help/disaster-distress-helpline

The Trevor Project - For LGBTQ youth ages 13-24
Call, chat, and text (24/7): 866-488-7386
The Trevor Project

Trans Lifeline – For those who are transgender or questioning
Call only: 877-565-8860
https://translifeline.org/hotline

LGBT National Hotline
Call only: 888-843-4564 (M-F 4pm-12am ET, Sat noon-5pm ET)
https://www.glbthotline.org/national-hotline.html

National Child Abuse Hotline (available 24/7)
1-800-422-4453 (1-800-4-A-CHILD)
https://www.childhelp.org/hotline/

Substance Abuse and Mental Health Services Administration
1-800-662-4357
findtreatment.samhsa.gov

Puerto Rico Resources

Adult Protective Services
justice.gov
1-800-981-8333

Child Protective Services
The Administration of Family and Children
1-787-625-4900
Domestic Violence Shelters
https://www.domesticshelters.org/help/pr.puerto-rico#

WomensLaw.org – National Network to End Domestic Violence (English and Spanish)
https://www.womenslaw.org/find-help/pr
https://www.womenslaw.org/find-help/pr/advocates-and-shelters/statewide-programs
https://www.womenslaw.org/find-help/pr/advocates-and-shelters/local-programs
https://www.womenslaw.org/es/search/google/Spanish

Case de Esperanza - Serves Puerto Rico and offers a 24/7 crisis line.
https://casadeesperanza.org
Email: info@casadeesperanza.org
Crisis Line: 1-800-799-7233 Main office: 651-646-5553

Commission for the Prevention of Suicide: