

Where to go, who to call if you're in crisis:

Located in Tucson? Call the [Community-Wide Crisis Line](#) 24 hours a day, 7 days a week at 520-622-6000.

Are you a University of Arizona student? If it is not an emergency and you are a UA student, call or walk-in to Counseling and Psych Services at 520-621-3334 Monday - Friday. Walk-in triage is available between 9 am and 4 pm Monday - Friday.

Are you a concerned friend? Concerned friends can find out more about helping a friend who might be experiencing problems through our [Friend 2 Friend](#) website.

[Resources for sexual assault, relationship violence, and stalking.](#)

24-Hour Hotlines:

[The National Suicide Prevention Lifeline](#) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing [1-800-273-TALK](#) (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provides crisis counseling and mental health referrals day and night.

[Crisis Text Line](#): Text HOME to 741741 from anywhere **in the United States**, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. Find out more about how it works at [crisistextline.org](#).

[Suicide Prevention for LGBTQ Youth through the Trevor Project](#):

- **The Trevor Lifeline** is a 24/7 suicide hotline: 866-4-U-TREVOR (1-866-488-7386)
- **TrevorChat**: Online instant messaging available 7 days a week, 3 pm - 10 pm ET (12 pm -- 7 pm PT)
- **TrevorText**: Confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text TREVOR to 1-202-304-1200 (available 7 days a week, 3 pm - 10 pm ET, 12 pm -- 7 pm PT)

[Veterans' Suicide Prevention Lifeline](#): 1-800-273-TALK (1-800-273-8255)

[SAMHSA Treatment Referral Hotline](#) (Substance Abuse): 1-800-662-HELP (1-800-662-4357)

[National Sexual Assault Hotline](#): 1-800-656-HOPE (1-800-656-4673)

[Loveisrespect \(National Dating Abuse Helpline\)](#): Call 1-866-331-9474 (TTY: 1-866-331-8453). Text LOVEIS to 22522 - you'll receive a response from a peer advocate prompting you for your question. Go ahead and text your comment or question and we will reply.