PREVENTION FIRST
Mental Health Training & Technical Assistance

NATIONAL CRISIS HOTLINES

National Suicide & Crisis Lifeline

Call or text 988
24/7 free, confidential primary support network across the United States.

Language/Translation:

- English and Spanish (call/text).
- Text 'SPANISH' to 988 or press 2 on voice.
- 240+ languages supported on voice calls via instant telephone interpreter integration.

Veterans Crisis Line

Call 988 then press 1 or text 838255
24/7 dedicated support line for veterans, service members, and their loved ones.

Language/Translation:

- English.
- Connects through the core 988 architecture, enabling immediate deployment of over-the-phone translation support for over 240 auxiliary languages.

Crisis Text Line

Text 'HELLO' or 'HOME' to 741741
24/7 free crisis text intervention platform.

Language/Translation:

- English and Spanish.
- For Spanish text intervention, send the keyword 'AYUDA' to 741741 instead to be instantly routed to a Spanish-fluent text responder.

SAMHSA's National Helpline

Call 1-800-662-4357
24/7, 365-day treatment referral and mental health information service.

Language/Translation:

- English and Spanish. The automated greeting provides an immediate, clear option to press a digit for a dedicated, fluent Spanish-speaking customer representative.

Funding by the Illinois Department of Public Health.

National Faith-Based Lines

The Christians In Crisis (CIC) National Hotline

Call 1-844-472-9687
24/7 tele-based emotional, spiritual, and mental health crisis support.

Language/Translation:

- Natively answered in English.
- For non-English speakers, operators utilize live telephone relay interpreters upon verbal request.

National Christian Helpline (The Mental Health Hotline Network)

Call 1-866-903-3787
24/7 dedicated support hub connecting callers specifically with Christian-perspective crisis responders

Language/Translation:

- Services are natively available in English and Spanish.
- If you require another language, state your native language clearly as soon as the operator answers to be transferred via a three-way call to an interactive translation loop.

The 700 Club & National Prayer Line

Call 1-800-759-0700 or 1-800-477-2937
24/7 spiritual crisis intervention, active listening, and mental health decompression.

Language/Translation:

- Direct operations are staffed natively by both English and Spanish speaking agents.
- Callers can ask for Spanish routing through the automated telephone menu system before a live person answers.

Need Him Global Ministry Support Line

Call 1-888-633-3446 or text CHOOSE to 88202
24/7 interactive chat and voice support managed by faith-based crisis volunteers.

Language/Translation:

- Voice and text functions are available seamlessly in English and Spanish.
- The online text/chat component (ChatNow) automatically converts foreign text inputs internally for its counselors.

Funding by the Illinois Department of Public Health.

National Faith-Based Lines (Continued)

Nisa Helpline (Muslim Women Support)

Call 1-888-315-NISA (1-888-315-6472)
Peer counseling and spiritual crisis support for Muslim women.

Language/Translation:

- English text and voice.
- Multi-lingual staff frequently support Arabic, Urdu, and Somali based on active daily shift scheduling.

Amudim Crisis Line (Jewish Community Support)

Call 1-888-268-3467
Professional crisis support for individuals and families dealing with mental health or trauma

Language/Translation:

- English, Hebrew, and Yiddish speaking counselors are directly available by requesting your language preference immediately upon initial call intake.

The Upper Room Catholic Crisis Hotline

Call 1-888-808-8724
Available Central Time approximately 7:00 a.m. to Midnight, Monday–Friday; less consistent scheduling on weekends

Language/Translation:

- This line operates natively in English
- Non-English speakers can verbally request translation assistance; if a bilingual staff volunteer is not active on shift, callers may be cross-referred to localized local county translation lines.

Catholic Charities Crisis Counseling & Care Coordination (Illinois Localized Hubs)

Call 312-655-7700 (Chicago/Chicagoland Area)
Call 847-782-4000 (Lake County Area)

Language/Translation:

- Staffed directly by English and Spanish speaking counselors.
- For all other languages, Catholic Charities utilizes an on-demand third-party Language Line Interpretation Service; tell the operator your preferred language immediately upon connecting

Funding by the Illinois Department of Public Health.