

## **Mental Health/Domestic Violence Hot & Warmlines**

NY Project Hope: Coping with COVID Emotional Support Hotline (8am-10pm)

**1 (844) 863-9314**

<https://nyprojecthope.org/>

National Suicide Prevention Lifeline (Hotline)

**1 (800) 273-8255**

<https://suicidepreventionlifeline.org/>

or **text HOME to 741 741**

<https://www.crisistextline.org/>

Online Chat Crisis Resource:

<https://www.imalive.org/>

For LGBTQ Specific:

The Trevor Project

**1 (866) 488-7386**

or text **START to 678-678**

or go online to <https://www.thetrevorproject.org/>

Transgender Specific:

The Trans Lifeline

**1 (877) 565-8860**

<https://translifeline.org/>

Domestic Violence:

National Domestic Violence Hotline:

**1 (800) 799-SAFE (7233)**

New York State Domestic and Sexual Violence 24 Hour Hotline:

**1 (800) 942-6906**

Or **text (844) 997-2121** or go online at:

<https://opdv.ny.gov/survivors-victims>

**Locally (Capital District, NY):**

Rensselaer County Mental Health Crisis Hotline (24 hours)

**(518) 270-2800**

The Mental Health Empowerment Exchange Peer Support Warmline (“24 hours”)

**(518) 268-1663 or 1-800-643-7462**

Unity House Domestic Violence Hotline

Call **(518) 272-2370**

Text: **(518) 720-6161**

Or use web chat online: [rc.chat/uhdvs](https://rc.chat/uhdvs)

<https://www.unityhouseny.org/services/domestic-violence-services/>

Equinox Domestic Abuse Hotline (24 hours)

**(518) 432-7865**

<https://www.equinoxinc.org/page/domestic-violence-services-15.html>

YWCA NENY’s Domestic Violence Hotline (24 hours)

**(518) 274-2286**

<https://www.ywca-neny.org/dv/>

Elizabeth Freeman Center Domestic Violence Hotline (24 hours, Berkshire County)

**(866) 401-2425**

<https://www.elizabethfreemancenter.org/>