

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)

call or text **988**

or chat online at:

<https://988lifeline.org/>

Crisis Text Line

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://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/>