

## Mental Health/Domestic Violence Hot & Warmlines

(A hotline has trained volunteers and can provide support and/or have help come to your location. A warmline is a peer support line where you can speak to people living with or who have experienced similar conditions to you, they generally do not call for support to come to your location.)

### Nationwide Mental Health Crisis Hotlines:

National Suicide Prevention Lifeline

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 Hotlines:

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**

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/>

**Warmlines:**

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

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