

## Mental Health - Crisis Services

<http://orange.networkofcare.org/mh/emergency-services.aspx>

*In the event of a life-threatening emergency, please dial 911.*

- **National Suicide Hotline**
  - (800) SUICIDE or (800) 784-2433
  - (800) 273-TALK or (800) 273-8255
  - <http://www.suicidepreventionlifeline.org>
  
- **Orange County Crisis Line / Suicide Prevention Crisis Line**
  - 24 hours per day / 7 days per week
  - (877) 7-CRISIS or (877) 727- 4747
  
- **The OC Warm Line**
  - Daily from 8 a.m. to 12 midnight
  - (877) 910-WARM or (877) 910-9276
  - Local: 714-991-6412
  - Live Chat available at: [www.namioc.org](http://www.namioc.org)
  
- **Teen Line**
  - Daily 6 p.m. to 10 p.m.
  - (800) 852-8336
  
- **Trevor Lifeline (LGBTQ Hotline)**
  - 24 hours per day / 7 days per week
  - (866) 488-7386
- **Trevor Text & Trevor Live Chat** (text and messaging options)
  - Text “Trevor” to 1-202-304-1200 → Fridays 1 p.m. to 5 p.m.
  - Trevor Chat → Daily from noon to 6 p.m.
  - <http://www.thetrevorproject.org/pages/get-help-now#tt>
  
- **OC Links**
  - Behavioral Health Services Information and Referral Line
  - 855-OC-LINKS or (855) 625-4657 or (714) 834-2332 (TDD)