

Resources for families while school closure occurs

- Crisis hotline -1 800-273-8255 Spanish – 1 -888-628-9454

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- Online chat – Click the Chat button below
- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

You Matter is a movement to spread the word that your problems, your worries, your fears, and above all you—unique and real you—matter. And because just about everyone—at some point—hits the wall, we're here to help.

If you need support, call 1-800-273-8255 or chat with the Lifeline.

Text BRAVE to 741-741

Free 24/7 support for anyone in crisis

Text from anywhere in the United States, anytime, about any type of crisis. A real-life human being will receive the text and respond, all from a secure online platform. This trained, volunteer, crisis counselor will help you move from a hot moment to a cool moment.

Call 1-800-985-5990

Text "TalkWithUs" to 66746

Free 24/7 crisis counseling and support for anyone experiencing emotional distress related to natural or human-caused disasters

Call for yourself or on behalf of someone else from anywhere in the United States to be connected to a trained counselor. Support is available in Spanish and more than 100 other languages. The service is free and confidential and provided by SAMHSA (the Substance Abuse and Mental Health Services Administration).

The helpline is for anyone experiencing emotional distress related to disasters such as hurricanes, wildfires, earthquakes, incidents of mass violence, infectious disease outbreaks, incidents of community unrest, and other traumatic events.