Warm and Hot Lines

When in Crisis (feeling suicidal):

National Suicide Hotline (24/7)
Call: 1-800-273 TALK (8255)
Chat Online: http://chat.suicidepreventionlifeline.org/
GetHelp/LifelineChat.aspx

Magellan Hotline (24/7)
Call: 1-800-424-4279

Crisis Text Line (24/7)
Text: 741741 https://www.crisistextline.org/

When you just need someone to talk to:

MHAV Warm Line
Call: (866) 400-6428
Call: (804) 257-5591 (MHAV Main Line)
Hours: 9 a.m. -5 p.m. Monday through Friday. Closed holidays.

Magellan Warm Line
800-424-4520
Hours: 4pm-10pm M-F 10am-11pm Saturday/Sunday

Progress Place Warm Line
Call: 416-960-WARM (9276) Text: 647-557-5882
Hours: 8pm-Midnight