**U.S.-Based Virtual Crisis Resources**

These are accessible nationwide and can be used from anywhere in the U.S.:

**Immediate Crisis Support**

* **988 Suicide & Crisis Lifeline**  
  Call or text **988** or visit 988lifeline.org for 24/7 support from trained crisis counselors.citeturn1search14
* **SAMHSA National Helpline**  
  Call **1-800-662-HELP (4357)** for free, confidential help 24/7 for mental health and substance use disorders.[[1]](https://www.samhsa.gov/)
* **Disaster Distress Helpline**  
  Call or text **1-800-985-5990** for 24/7 support during natural or human-caused disasters.[[2]](https://www.cdc.gov/mental-health/caring/index.html)
* **Veterans Crisis Line**  
  Call **988** and press 1, or text **838255** for support tailored to veterans.[[2]](https://www.cdc.gov/mental-health/caring/index.html)
* [If in Crisis - NAMI North Carolina](https://naminc.org/crisis-info/)

**Specialized Support**

* **Crisis Text Line**  
  Text **HELLO** to **741741** for free, 24/7 support via text.[[3]](https://www.mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf)
* **BlackLine**  
  Call **1-800-604-5841** for peer support with a focus on Black and LGBTQ+ communities.[[3]](https://www.mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf)
* **Childhelp National Child Abuse Hotline**  
  Call or text **1-800-4-A-CHILD (1-800-422-4453)** or visit [childhelp.org](https://childhelp.org/).[[3]](https://www.mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf)
* **Domestic Violence Hotline**  
  Call **1-800-799-7233** or visit thehotline.org for chat support.[[3]](https://www.mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf)

**Virtual Intensive Outpatient Programs (IOPs)**

* [**Virtual IOP Directory**](https://virtualiop.com/)  
  Nationwide directory of verified virtual IOPs for mental health and substance use recovery.[[4]](https://virtualiop.com/)

**🌍 International Virtual Crisis Resources**

These resources offer global support and can be accessed from outside the U.S.:

**Global Crisis Hotlines & Directories**

* [**TherapyRoute: Global Crisis Lines**](https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world)  
  A searchable directory of suicide and crisis hotlines by country.[[5]](https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world)
* [**HelpGuide: International Mental Health Helplines**](https://www.learnwithkim.com/post/mentalhealth-international)  
  Curated list of helplines and support services worldwide.[[6]](https://www.learnwithkim.com/post/mentalhealth-international)
* **SuicideStop.com**  
  Offers international suicide prevention hotlines and resources.[[7]](https://internationalmentalhealth.org/resources/)

**Virtual Recovery Communities**

* **SMART Recovery** – Global mutual-support groups.
* **In The Rooms** – Online meetings for various recovery paths.
* **Soberistas** – Women-only international recovery community.
* **We Connect Recovery** – Daily online recovery groups.[[8]](https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)

**References**

[1] [www.samhsa.gov](https://www.samhsa.gov/)

[2] [www.cdc.gov](https://www.cdc.gov/mental-health/caring/index.html)

[3] [www.mhanational.org](https://www.mhanational.org/wp-content/uploads/2025/03/MHM-2025-Resource-List.pdf)

[4] [virtualiop.com](https://virtualiop.com/)

[5] [www.therapyroute.com](https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world)

[6] [www.learnwithkim.com](https://www.learnwithkim.com/post/mentalhealth-international)

[7] [internationalmentalhealth.org](https://internationalmentalhealth.org/resources/)

[8] [www.samhsa.gov](https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf)