* **Kristin Brooks Hopeline  1-800-442-4673** Another national (USA) hotline for people suffering from mental health issues.
* [**Veterans Crisis Line**](http://veteranscrisisline.net/)**(Veterans only)- 1-800-273-8255 & press 1, or text 838255** A crisis line specifically for veterans of the US armed forces.
* [**Suicide.org list of local helplines for all 50 states**](http://www.suicide.org/suicide-hotlines.html)
* Crisis Text Line A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to 741-741.
* [**Copline**](http://copline.org/)**(Law Enforcement Only) – 1-800-267-5463** A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources.
* [**Frontline Helpline**](https://frontlinerehab.com/)**– 1-866-676-7500** Run by Frontline Responder Services. Offer 24/7 coverage with first responder call-takers.
* [**Safe Call Now**](https://www.crewcarelife.com/crisis-support/) **-1-206-459-3020** A 24/7 help line staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.
* [**Fire/EMS Helpline**](https://www.nvfc.org/)**– 1-888-275-6832** Also known as Share The Load. A program run by the National Volunteer Fire Council. They have a help line, text based help service, and have also collected a list of many good resources for people looking for help and support.
* [**National Suicide Prevention Lifeline**](http://www.suicidepreventionlifeline.org/)**– 1-800-273-8255** The national (USA) suicide hotline. Not first responder specific, but they can and will talk to anyone who needs help. We’ve been told by one of their founders they have a large number of first responders and veterans who volunteer.