# National Mental Health Hotlines

**HELPLINE** – for individuals who are not in crisis but need resources and referrals for MMH conditions

- Helpseekers call or text a message; volunteers respond
- Hosted, funded, and administered by PSI
- Launched 1987
- English and Spanish
- Voice and text
- Pregnant and postpartum people and their families in the United States and Canada
- Staffed by volunteers
- Provides connections to PSI resources including local and/or specialized volunteer coordinators, support groups, and online provider directory
- Provides "hot" handoffs to 988, Domestic Violence, and Disaster Distress Hotlines

**HOTLINE** – for individuals who are not in crisis but need real-time support and assistance for MMH conditions

- 24 / 7 / 365 response within 5 minutes
- Hosted and funded by HRSA
- Administered by Postpartum Support International
- Launched May 2022
- English and Spanish
- Other languages available via translator
- Voice and text
- Pregnant and postpartum people and their families in the United States
- Staffed by paid professionals
- Provides support, education, information, brief intervention, resources & referrals

**CRISIS LINE** – for individuals needing support for a suicidal, mental health, and/or substance use crisis

- 24 / 7 / 365 live connection within 60-90 seconds
- Hosted and funded by SAMHSA
- Administered by Vibrant Emotional Health
- Calls are routed to network of over 200 centers based on area code
- Launching July 2022
- English and Spanish
- Other languages available via translator
- Voice, text, and chat
- Anyone in the United States
- Special assistance for military veterans
- Staffed by both paid professionals and volunteers
- Provides support and referrals to local resources
- Provides "hot" handoffs to MMH Hotline (and other hotlines)