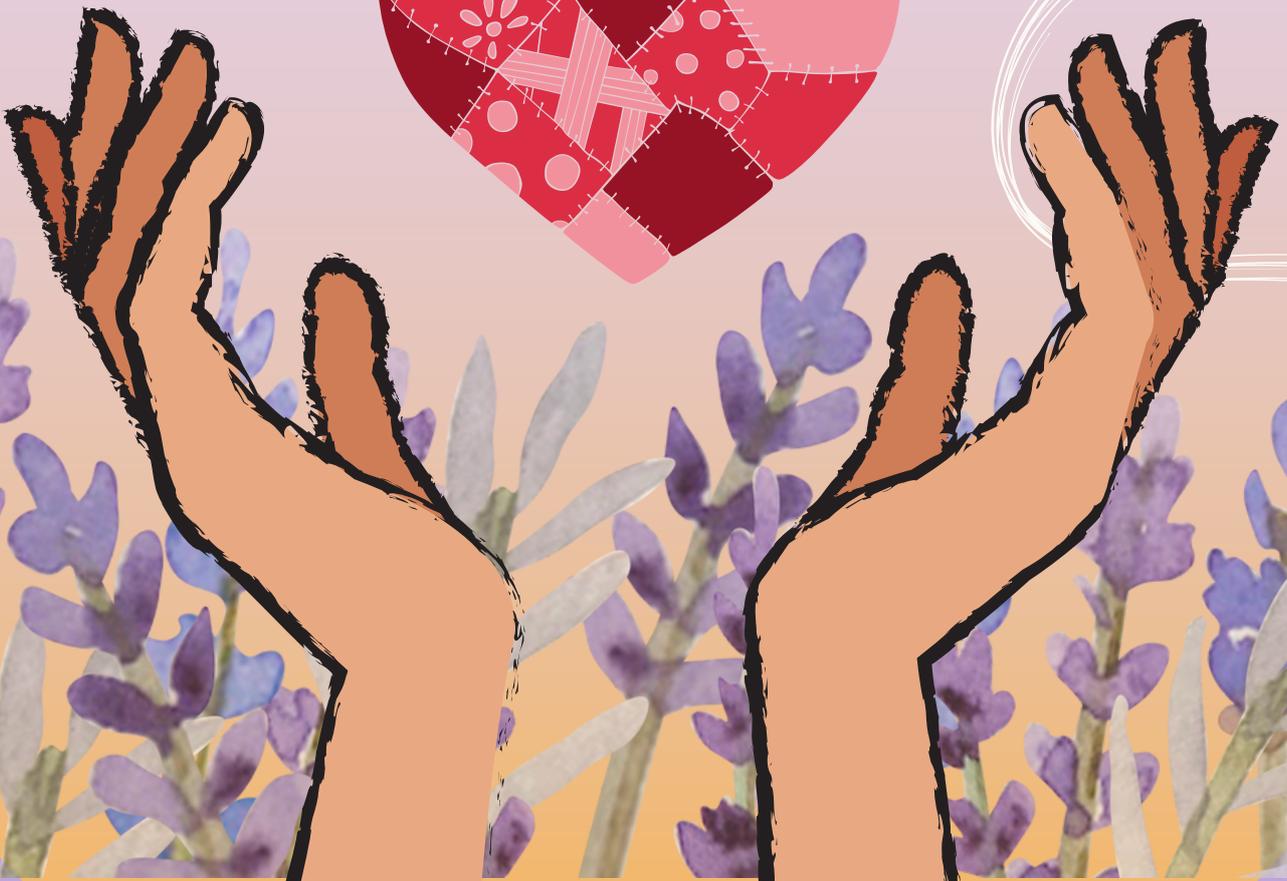




Threads of Care

A Suicide Prevention &
Community Support Toolkit





Threads of Care

Immediate Resources + Safety

Below are some crisis hotlines you can contact if you cannot get a hold of someone in your circle, or you feel uncomfortable reaching out to them in the moment.

Crisis Hotlines (U.S.)

- [Crisis Text Line](#) – Text HOME to 741741 (24/7, free).
- [Trans Lifeline](#) – 877-565-8860, peer support by and for trans/nonbinary people.
- [The Trevor Project](#) – 1-866-488-7386 or text START to 678-678 (LGBTQ+ youth).
- [BlackLine](#) – 1-800-604-5841, peer support for Black, Brown, Native & Muslim communities.
- [Teen Line](#) – 1-800-852-TEEN or text TEEN to 839863 (youth peer support).
- [National Runaway Safeline](#) – 1-800-RUNAWAY (for youth leaving home or in crisis).
- [SAMHSA Helpline](#) – 1-800-662-HELP (4357), mental health/substance use support.
- [National Domestic Violence Hotline](#) – 1-800-799-7233, with text/chat options.
- [RAINN \(Sexual Assault Hotline\)](#) – 1-800-656-HOPE (4673), with online chat.

(Note: 988 still functions as a national lifeline, but the LGBTQ-specific "Press 3" service has been discontinued. For queer-affirming support, we recommend Trans Lifeline, Trevor Project, or BlackLine.)



Threads of Care

Local Resources (North Carolina)

- [North Carolina Crisis Services](#) – Statewide, 24/7 for suicide, anxiety, depression, substance use, or family stress.
- [Hope4NC Helpline](#) – (855) 587-3463, free, confidential emotional support.
- [NAMI NC Helpline](#) – 800-451-9682 or text 919-999-6527 for warm line and referrals.
- Mecklenburg County (Charlotte area) – Safe Alliance DV/SA Hotline 980-771-4673; Novant Behavioral Health Crisis 704-384-4255.

Deep South + Identity-Affirming Supports

- [Talk Across Alabama \(Warm Line\)](#) – 1-844-999-4647—free, confidential, non-crisis peer support available 24/7, led by trained peer specialists.
- [TAKE Resource Center \(Birmingham, AL\)](#) – Offers affirming services for Trans and People of Color communities in Alabama.
- [Trans Youth Emergency Project](#) – Provides rapid-response support for families and youth affected by anti-trans healthcare bans across the Deep South.

International Alternatives

- [Find a Helpline](#) – Global directory.
- [Befrienders Worldwide](#) – Emotional support in 130+ countries.
- [LifeLine International](#) – Global suicide prevention network.
- [Samaritans \(UK/Ireland\)](#) – Dial 116 123 (free, 24/7).
- [Samaritans of Singapore \(SOS\)](#) – Local hotline + email befriending.
- [The Samaritan Befrienders Hong Kong \(SBHK\)](#) – Multilingual 24/7 hotline.