Crisis & Emergency Resources for Students

United States • Brazil • Ecuador

Type of Support	United States	Brazil	Ecuador
Life-Threatening Emergency	Call 911	**192** – SAMU (medical) **193** – Corpo de Bombeiros (fire/rescue) **190** – Polícia Militar	**911** – ECU 911 (unified police, fire, medical & mental health)
Suicide & Mental Health Crisis	**988** – Suicide & Crisis Lifeline (call/text, 24/7, free) Chat: 988lifeline.org	**188** – CVV (Centro de Valorização da Vida), 24/7, free Chat/e-mail: cvv.org.br	911 – ECU 911 has psychologists on call 24/7 **171** (opción 6) – MSP mental health line
Crisis Text / Chat	**Text HOME to** 741741 (Crisis Text Line, 24/7)	CVV chat at cvv.org.br/chat	— (use 911 or 171 above)
Domestic / Gender-Based Violence	**1-800-799-7233** (SAFE) – Nat'l DV Hotline **Text START to** 88788	**180** – Central de Atendimento à Mulher, 24/7	**1800 335486** (1800 DELITO), opción 4
Sexual Assault	**1-800-656-4673** (HOPE) – RAINN **Text HOPE to** 64673	Reported via 180 or nearest Delegacia da Mulher	Reported via 911 or 1800 335486, opción 4
Substance Use / Addiction	**1-800-662-4357** – SAMHSA National Helpline	CAPS AD (Centro de Atenção Psicossocial – Álcool e Drogas) via local health network	171 (opción 6) or nearest MSP health center
LGBTQ+ Support	**1-866-488-7386** – The Trevor Project **Text START to** 678-678	Disque 100 also receives LGBTQ+-related reports of violence/discrimination	Ministerio de Gobierno LGBTIQ+ support services (via 911 for emergencies)
Vulnerable Groups (children, elderly, people with disabilities)	Contact 911 or local Child/Adult Protective Services	**100** – Disque Direitos Humanos	911, or local Junta Cantónal de Protección de Derechos
General Community Referral	**211** – local housing, food, and mental health referrals	**CAPS** – free public mental health centers (via local Secretaria de Saúde) **181** – Disque-Denúncia (anonymous)	Municipal lines vary by city, e.g. Quito 1800 288 523, Guayaquil 1800 112 112

These are national resources current as of September 2026. Numbers and services can change, please verify periodically. This list does not replace professional counseling services.

If you or someone you know is in immediate danger, always call local emergency services first.