



HELPFUL HOTLINES

(CURRENT AS OF 9/16/2020)

CRISIS HOTLINES

- TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR
- FREE 24/7 SUPPORT AT YOUR FINGERTIPS

*VETERANS CRISIS LINE

- CALL 1-800-273-8255 AND PRESS 1
- TEXT: 838255

Mental Health Line

- Call the NAMI Helpline at 800-950-NAMI
- Or in a crisis, text "NAMI" to 741741

SEXUAL ASSAULT

NATIONAL SEXUAL ASSAULT TELEPHONE HOTLINE

800.656.HOPE (4673)

CONFIDENTIAL SUPPORT FROM A TRAINED STAFF MEMBER

DOD SAFE HELPLINE: A SERVICE FOR MEMBERS OF THE U.S. MILITARY AND THEIR FAMILIES, OPERATED BY RAINN FOR THE DEPARTMENT OF DEFENSE
ONLINE CHAT HOTLINE: 877.995.5247

OTHER VICTIMS OF CRIME VICTIMCONNECT:

A SERVICE OF THE NATIONAL CENTER FOR VICTIMS OF CRIME, FOR ALL CRIME VICTIMS
ONLINE CHAT HOTLINE

TELEPHONE HOTLINE: 855.4.VICTIM (84-2846)

SUICIDE

1800.656.HOPE (4673)

TEXT: HELLO TO 741741

- THE LIFELINE PROVIDES 24/7, FREE AND CONFIDENTIAL SUPPORT FOR PEOPLE IN DISTRESS, PREVENTION AND CRISIS RESOURCES FOR YOU OR YOUR LOVED ONES.
- SUICIDE HOTLINE 1-800-SUICIDE (784-2433) 1-800-273-TALK (8255)
- SUICIDE PREVENTION HOTLINE 1-800-827-7571
- DEAF HOTLINE 1-800-799-4TTY

SELF-HARM

1-800-DONTCUT
(1-800-366-8288)

TEXT HOME TO 741741

Abuse

Stop it Now!

1-888-PREVENT

United States Elder Abuse
Hotline

1-866-363-4276

National Child Abuse Hotline
1-800-4-A-CHILD (422-4453)

Child Abuse Hotline / Dept. of
Social Services

1-800-342-3720

Child Abuse National Hotline
1-800-25ABUSE

Children in immediate danger
1-800-THE-LOST

Exploitation of Children

1-800-843-5678

Missing Children Help Center
1-800-872-5437



Please note: The numbers and information listed on these resource pages may change without notice.



RESOURCES (CONTINUED)



BULLYING

STOP BULLYING NOW HOTLINE (USA)
1-800-273-8255 HELPLINE SET UP BY U.S.
DEPARTMENT OF HEALTH AND HUMAN
SERVICES AVAILABLE 24/7

EATING DISORDERS:

- CALL 1800-931-2237
- TEXT: NEDA TO 7471741

GRIEF

CALL: 1800-445-4808

LGBTQ

- CALL 888- 843-4564 OR 1866-488-7368
- TEXT: START TO 678678

PREGNANCY INFANT AND CHILD LOSS

POSTPARTUM SUPPORT INTERNATIONAL

- 1-800-944-4773
- TEXT: 503-894-9453
- OFFER WEEKLY ONLINE SUPPORT MEETINGS:
[HTTPS://WWW.POSTPARTUM.NET/GET-HELP/PSI-ONLINE-SUPPORT-MEETINGS/](https://www.postpartum.net/get-help/psi-online-support-meetings/)

Abortion

- Post Abortion Counseling: 1-800-228-0332
- Post Abortion Project Rachel 1-800-5WE-CARE
- National Abortion Federation Hotline
- 1-800-772-9100
- National Office of Post Abortion Trauma
- 1-800-593-2273

DOMESTIC VIOLENCE

- 1800-799-7233
- If you're unable to speak safely, you can log onto thehotline.org
- Text LOVEIS to 22522.
- 24/7 help

SUBSTANCE ABUSE

- 1-800-662-HELP (4357)-A CONFIDENTIAL, FREE, 24-HOUR-A-DAY, 365-DAY-A-YEAR, INFORMATION SERVICE, IN ENGLISH AND SPANISH, FOR INDIVIDUALS AND FAMILY MEMBERS FACING MENTAL AND/OR SUBSTANCE USE DISORDERS.
- MARIJUANA ANONYMOUS 1-800-766-6779
- ALCOHOL TREATMENT REFERRAL HOTLINE (24 HOURS) 1-800-252-6465
- FAMILIES ANONYMOUS 1-800-736-9805
- COCAINE HOTLINE (24 HOURS) 1-800-262-2463
- DRUG ABUSE NATIONAL HELPLINE 1-800-662-4357

CRISIS PREGNANCY HELPLINE

CRISIS PREGNANCY HOTLINE
NUMBER 1-800-67-BABY-6

GAMBLING

COMPULSIVE GAMBLING
HOTLINE 1-410-332-0402

CANCER

AMERICAN CANCER SOCIETY
1-800-227-2345

NATIONAL CANCER INSTITUTE
1-800-422-6237

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