**Resources**

**National Suicide Prevention Lifeline + 1-800-273-8255/ 988 (call or text)**  
This service provides free and confidential support for people in distress 24/7. They can also provide prevention and crisis resources, as well as best practices for professionals. Crisis Text Line Text HOME to 741741 This is a Textline service for anyone experiencing any kind of crisis, and is free 24/7. National Domestic  
  
**Violence Hotline + 1-800-799-7233**A 24/7 resource to talk confidentially if you are experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. National Sexual  
  
**Assault Hotline + 1-800-656-4673**   
This is a 24/7 helpline with staff trained to support victims of sexual assault service and help you find a support provider in your area.   
  
**Post-Abortion Counseling + 1-800-228-0332**   
This is a helpline staffed with counselors trained to support those who’ve experienced abortion procedures and would like support.   
  
**Family Violence Prevention Center + 1-800-313-1310**   
This is a helpline focused on family-centered support for those experiencing or suffering violence which originates from family members.   
  
**National Center for Missing or Exploited Children + 1-800-843-5678**  
This is a 24/7 hotline to speak regarding children that have been missing, or found to be exploited, which is a safe way to take direct action.   
**ChildHelp National Child Abuse Hotline 1-800-4-A-CHILD (422-4453)**   
This is a 24/7 hotline to professional crisis counselors who can provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources.   
  
**National Runaway Safeline 1-800-RUNAWAY (786-2929)**   
This is a 24/7 hotline for runaway and homeless youth, their parents and families, teens in crisis, and others who might benefit from its services. It is confidential, safe, and endlessly helpful.

**Safe Alternatives / For Self Harm 1-800-DONT-CUT**   
This is an information line provided by S.A.F.E. (SELF-ABUSE FINALLY ENDS) to support those who are processing and/or enduring self-harm.   
  
**American Association of Poison Control Center + 1-800-222-1222**   
This is 24/7 free, confidential, expert medical advice from toxicology specialists, including nurses, pharmacists, physicians, and poison information providers.   
  
**Alcoholism and Drug Dependence Hopeline + 1-800-622-2255**   
This is a 24/7 service with trained professionals providing information, assessing situations, and giving referrals to the most appropriate community resources.   
  
**Trevor Crisis Hotline + 1-866-488-7386**   
This is a 24/7 hotline with counselors trained to provide LGBTQ+ youth with crisis intervention and suicide prevention from a safe, judgment-free place.  
  
**Veteran Crisis Hotline + 1-855-838-8255**   
This provides sustained, confidential peer support to any veteran, service member, family member, or caregiver wherever they are in the world.   
  
**HIV Nightline + 1-800-628-9240**   
This is a 24/7 hotline with volunteers trained to provide emotional support to anyone affected by HIV.   
  
**LBGT National Hotline + 1-888-843-4564**   
This is a business-hours hotline providing support with coming-out issues, gender identity, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety and safer-sex information, and more. Operated Monday through Friday from 1pm to 9pm, PST & Saturday from 9am to 2pm PST.   
  
**National Eating Disorders Association Helpline +1-800-931-2237**This is available Monday-Thursday from 9AM to 9PM EST, and Friday from 9AM to 5PM ET, providing support, resources, and treatment options for anyone impacted by an eating disorder.  
  
**Other Resources Supported by NAMI**   
NAMI.org