

NATIONAL CRISIS LINE INFORMATION

If you find yourself in dangerous situations, or in need of medical, emotional, or physical support, there is help available. Below we have collected a list of national hotlines that provide an array of services. All hotlines listed are national hotlines providing 24/7 support across the United States.

Domestic Violence

Organization: National Domestic Violence Hotline
Contact: Call 1-800-799-7233 or text LOVEIS to 1-866-331-9474 to speak or text with a representative.
Website: www.thehotline.org
Description: A 24-hour confidential, free hotline providing life-saving tools and immediate support to enable victims to find safety.

Rape and Sexual Assault

Organization: Rape, Abuse, and Incest National Network (RAINN)
Contact: Call 1-800-656-4673 or visit www.rainn.org to chat with a representative.
Description: RAINN operates the National Sexual Assault Hotline, a 24 hour and zero cost hotline serving survivors of sexual violence.

2-1-1

Organization Name: 211
Contact: Call 211 to speak to a representative.
Visit www.211.org to find your local 211.
Description: 211 is the most comprehensive source of locally curated social services information in the U.S.. Call, text, or chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you. 211 can help with everything from housing and food to disaster relief and rehabilitation programs.

Runaway Youth

Organization Name: National Runaway Safeline
Contact: Call 1-800-786-2929, text 66008 or visit www.1800runaway.org to talk or chat with a representative.
Description: The National Runaway Safeline (NRS) is a 24/7 hotline that will listen to you if you have thoughts of running away or already have. Services are confidential.

Human Trafficking

Organization Name: National Human Trafficking Hotline
Contact: Call 1-888-373-7888, text 233733, or visit www.humantraffickinghotline.org to speak or chat with a representative.
Description: The National Human Trafficking Hotline is a 24/7 hotline that finds services for victims and survivors of human trafficking. The National Hotline also accepts tips regarding human

trafficking and reports them to the appropriate authorities.

Other information: Help is available in English or Spanish, or in more than 200 additional languages through an on-call interpreter.

Suicide Prevention

Organization Name: National Suicide Prevention Lifeline
Contact: Call 1-800-273-8255 or visit www.suicidepreventionlifeline.org to speak with a representative.
Description: The National Suicide Prevention Lifeline provides free and confidential emotional support to people who may be considering suicide. It is available 24 hours a day, 7 days a week.
Other information: Call 1-888-628-9454 for help regarding suicide in Spanish. Call 1-800-799-4889 for help regarding suicide if you are deaf or hard of hearing.

Child Abuse

Organization Name: Childhelp
Contact: Call or text 1-800-422-4453 or chat online with a representative at www.childhelp.org/childhelp-hotline.
Description: The Childhelp National Child Abuse Hotline serves people 24/7 who believe they or someone they know may be being abused. A crisis counselor will connect you with resources to help you.
Other information: The hotline webpage provides an interactive map that can help connect you to resources in your state.

LGBTQIA+ Hotline

Organization Name: LGBT National Help Center
Phone Number: Call 800-246-7743 to speak with a representative or visit www.glbthotline.org/youth-talkline.html to learn more.
Description: A confidential hotline for those age 25 and below who may identify as LGBTQIA.
Availability: Monday-Friday from 1PM-9PM Pacific Time or 4PM-Midnight Eastern Time, Saturday from 9AM-2PM Pacific Time or Noon-5PM Eastern Time