

# Helpful Hotlines

If you feel that you or someone you know is in a crisis, do not hesitate to reach out for help. The hotlines on this page can provide immediate phone support and most can help you find someone in your area to help with an ongoing problem.

## NATIONAL SUICIDE PREVENTION LIFELINE

PHONE: 1-800-273-TALK (1-800-273-8255)

WEBSITE: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

HOURS: 24 hours a day, 7 days a week

With the understanding that every struggle is unique, this Lifeline provides free, confidential support for people, and their loved ones, in crisis or emotional distress.

## NATIONAL CHILD ABUSE HOTLINE

PHONE: 1-800-4-A-Child (1-800-422-4453)

WEBSITE: <https://www.childhelp.org/hotline/>

HOURS: 24 hours a day, 7 days a week

Professional crisis counselors serve as confidential resources, offer referrals, and provide support in 170 languages.

## NATIONAL DOMESTIC VIOLENCE HOTLINE

PHONE: 1-800-799-SAFE (1-800-799-7233)

WEBSITE: [www.thehotline.org](http://www.thehotline.org)

HOURS: 24 hours a day, 7 days a week

Anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship can talk with highly-trained advocates on the phone or through an online chat service.

## NATIONAL RUNAWAY SAFELINE

PHONE: 1-800-RUNAWAY (1-800-786-2929)

WEBSITE: [www.1800runaway.org](http://www.1800runaway.org)

HOURS: 24 hours a day, 7 days a week

This is a confidential and non-judgmental safe-line designed to help anyone who is considering running away or already has.

## NATIONAL SEXUAL ASSAULT HOTLINE

PHONE: 1-800-656-HOPE (1-800-656-4673)

WEBSITE: [www.rainn.org/get-help](http://www.rainn.org/get-help)

HOURS: 24 hours a day, 7 days a week

This hotline offers individual, confidential support for rape, sexual assault and incest victims and their loved ones.

**THE TREVOR PROJECT**

PHONE: 1-866-488-7386

TEXT: Text "Trevor" to 1-202-304-1200

WEBSITE: [www.thetrevorproject.org](http://www.thetrevorproject.org)

HOURS: 24 hours a day, 7 days a week

LGBTQ youth (ages 13-24) in crisis, feeling suicidal, or just needs a non-judgmental ear can talk to trained counselors.

**NATIONAL CENTER ON ELDER ABUSE**

PHONE: 1-855-500-ELDR (1-855-500-3537)

WEBSITE: <https://ncea.acl.gov/>

HOURS: Monday – Friday, 9 a.m. – 5 p.m. PT

The NCEA offers up-to-date information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation. The hotline offers support for anyone who suspects a friend or family member is being abused.

**NATIONAL AIDS HOTLINE**

PHONE: 1-800-232-4636

WEBSITE: <https://www.cdc.gov/std/>

HOURS: 24 hours a day, 7 days a week

This service, provided by the Centers for Disease Control (CDC), is an information resource on HIV/AIDS.

**NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN**

PHONE: 1-800-THE-LOST (1-800-843-5678)

WEBSITE: [www.missingkids.com](http://www.missingkids.com)

HOURS: 24 hours a day, 7 days a week

The hotline operates as the nation's clearinghouse and resource center for issues relating to missing and sexually exploited children.

**BOYS TOWN NATIONAL HOTLINE**

PHONE: 1-800-448-3000

WEBSITE: [www.boystown.org](http://www.boystown.org)

HOURS: 24 hours a day, 7 days a week

The organization aims to improve the circumstances of those suffering from abuse, addiction, abandonment, or violence. They help find foster homes for children in need, reunite families, provide intervention and assessment services, and treatment options for children with severe mental health and behavioral issues.

THE DOUGY CENTER (THE NATIONAL CENTER FOR GRIEVING CHILDREN AND FAMILIES)

PHONE: 1-866-775-5683

WEBSITE: [www.dougy.org](http://www.dougy.org)

HOURS: Monday – Friday, 9 a.m. – 5 p.m. PT

Nationwide and local centers provide support and a safe place where bereaved children, teens, young adults, and their families can share their experiences.

SAMHSA (Substance Abuse & Mental Health Services Administration)

PHONE: 1-800-662-HELP (1-800-662-4357)

WEBSITE: <http://beta.samhsa.gov/find-help/national-helpline>

HOURS: 24 hours a day, 7 days a week

The helpline is a free service that provides treatment referrals and information for individuals and families facing mental health and/or substance use disorders.

ADD OTHER IMPORTANT EMERGENCY NUMBERS:

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DO NOT HESITATE TO REACH OUT IF YOU ARE IN A CRISIS

YOU SHOULD CALL 911 IF YOU FEEL THERE IS AN IMMEDIATE THREAT TO YOU OR SOMEONE ELSE.

Updates: 09/06/17