



Updated October 2022

Alcoholics Anonymous

(212) 870-3400

www.aa.org

CDC National HIV & AIDS Hotline

1-800-232-4636

www.cdc.gov/hiv/library/hotlines.html

Childhelp National Child Abuse Hotline

(800) 422-4453

www.childhelphotline.org

Crisis Text Line

(Text HOME to 741741)

National Domestic Violence Hotline

(800) 799-7233

National Crisis & Suicide Prevention Lifeline

1-800-273-8255 or dial: 988

Nacional de Prevencion del Suicidio

(888) 628-9454

National Sexual Assault Hotline

(Available 24/7)

1-800-656-4673

www.rainn.org

Substance Abuse and Mental Health Services

(800) 662-4357

Veterans Crisis Line

Dial 988 then Press 1

Text 83825

National Teen Dating Abuse Helpline

1-866-331-9474

Text "loveis" to 22522

www.loveisrespect.org

Stronghearts Native Helpline

(Dedicated to serving Native American survivors of domestic violence and dating violence, concerned family and friends. StrongHearts is a Native-centered hotline, understanding Native cultures, issues of tribal sovereignty and law).

1-844-762-8483 (Call or Text)

www.strongheartshelpline.org

National Center for Missing and Exploited Children

1-800-843-5678 or <https://report.cybertip.org>

(Available 24/7)

Depression Hotline

1-630-482-9696

National Eating Disorder Hotline

1-847-831-3438

National Human Trafficking Hotline

1-888-373-7888 or Text 233733

Parent Hotline (for families in a crisis situation)

1-800-840-6537

Safe Horizon Rape, Sexual Assault, and Incest hotline

212-227-3000

National Runaway Safeline

(Completely Confidential)

1-800-786-2929

Covenant House

(Services to homeless, runaway, and other troubled youth and their families throughout the U.S.)

1-800-999-9999

Self-Injury Hotline

1-800-366-8288

Stalking Hotline

1-866-689-4357

1-800-621-4673 (safe horizon)

Alcohol Abuse and Crisis Intervention

1-800-234-0246

Alcohol and Drug Abuse Helpline and Treatment

1-800-234-0420

Alcohol and Drug Addiction Resource Center

1-800-390-4056

Alcohol Hotline Support & Information

1-800-331-2900

National Safe Haven Alliance Crisis Hotline

(Call if you want to surrender your baby or are pregnant and have questions about how the “safely surrendered baby” laws in your state can help you. There are “safe surrender” sites in many locations- usually hospitals, fire stations, lifeguard stations – where you can safely hand over your baby with no questions asked. There are laws to protect your privacy and ensure your baby is not abandoned in an unsafe place when you are in crisis.)

1-888-510-2229

Bethany Christian Services

(Pregnant and scared? Family in crisis? Refugee or migrant in need of help? Call Bethany Christian Services)

(800) 238-4269

www.bethany.org

Covenant House Ninline

(Crisis counselors available to talk to homeless individuals, and at-risk kids)

800-999-9999

Families Anonymous

(Family Violence Hotline)

800-736-9805