

National Crisis & Help Lines

Crisis Call Center: (800) 273-8255 or text ANSWER to 839863 or <http://crisiscallcenter.org/crisisservices.html>

- *Alcohol & Drugs*
- *Bullying and Cyberbullying*
- *Depression*
- *Eating Disorders*
- *Greif & Loss*
- *Homeless & Runaways*
- *Mental Health*
- *Rape, Sexual Violence & Domestic Violence*
- *School Violence*
- *Sexuality and Sexual Health*
- *Stress & Anxiety*
- *Suicide*
- *Teen Pregnancy*

Thursday's Child National Youth Advocacy Hotline: (800) 872-5437 or www.thursdayschild.org

- *Bullying & Cyberbullying*
- *Depression*
- *Eating Disorders*
- *Greif & Loss*
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AIDS & HIV

AIDSinfo: (800) 448-0440 or www.aidsinfo.nih.gov

National AIDS Hotline: (800) 232-4636 or www.cdc.gov/hiv//links.htm

Alcohol & Drugs

Al-Anon/Alateen: (888) 425-2666 or www.al-anon.alateen.org/index.php

8 a.m. to 6 p.m. EST, Monday – Friday

The National Alcohol and Substance Abuse Information Center: (800) 784-6776 or

www.addictioncareoptions.com

National Institute on Alcohol Abuse & Alcoholism: (800) 662-4357 or www.niaaa.nih.gov

Bullying and Cyberbullying

CyberTipline: (800) 843-5678 or www.cybertipline.com

National Suicide Hotline: (800)784-2433 or (800) 442-4673 or www.hopeline.com

National Suicide Prevention Lifeline: (800) 273-8255 or www.suicidepreventionlifeline.org

The Trevor Lifeline: (866) 488-7386 or www.thetrevorproject.org

Depression

Depression and Bipolar Support: (800) 273-8255 or www.dbsalliance.org

National Hopeline Network: (800) 784-2433 or (800) 442-4673 or www.hopeline.com

Crisis Center and Hotlines Locator by State:

<http://www.suicidepreventionlifeline.org/getinvolved/locator>

Suicide Prevention Services Depression Hotline: (630) 482-9696 or <http://www.spsamerica.org>

Eating Disorders

National Association of Anorexia Nervosa and Eating Disorders: (630) 577-1330 or www.anad.org

10 a.m. to 6 p.m. EST, Monday – Friday

National Eating Disorders Association: (800) 931-2237 or www.nationaleatingdisorders.org

Grief and Loss

National Hopeline Network: (800) 784-2433 or (800) 442-4673 or www.hopeline.com

National Mental Health Association Hotline: (800) 273-8255 or www.nmha.org

Tragedy Assistance Program for Survivors (TAPS): (800) 959-8277 or www.taps.org

Thursday's Child National Youth Advocacy Hotline: (800) 872-5437 or www.thursdayschild.org

Homelessness and Runaways

Boys Town National Hotline (Serving all at-risk teens and children): (800) 448-3000 or www.boystown.org/hotline

National Runaway Switchboard: (800) 786-2929 or www.1800runaway.org

Mental Health

National Hopeline Network: (800) 784-2433 or (800) 442-4673 or www.hopeline.com

National Institute of Mental Health Information Center: (866) 615-6464 or www.nimh.nih.gov/site-info/contact-nimh.shtml

8 a.m. to 8 p.m. EST, Monday – Friday

National Mental Health Association Hotline: (800) 273-8255 or www.nmha.org

National Alliance on Mental Illness: (800) 950-6264 or www.nami.org

Rape, Sexual Violence, and Domestic Violence

Childhelp USA National Child Abuse Hotline: (800) 422-4453 or www.childhelpusa.org

Love Is Respect, National Teen Dating Abuse Helpline: (866) 331-9474 or www.loveisrespect.org

National Domestic Violence Hotline: (800) 799-7233 or www.ndvh.org

Rape, Abuse, and Incest National Network: (800) 656-4673 or www.rainn.org

Safe Horizon's Rape, Sexual Assault & Incest Hotline:

Domestic Violence Hotline: (800) 621-4673

Crime Victims Hotline: (866) 689-4357

Rape, Sexual Assault & Incest Hotline: (212) 227-3000

TDD phone number for all hotlines: (866) 604-5350

<http://www.safehorizon.org>

School Violence

National Center for Mental Health Promotion and Youth Violence Prevention:

<http://www.promoteprevent.org>

SPEAK UP: (866) 773-2587 or

<http://www.bradycampaign.org/our-impact/campaigns/speak-up>

Sexuality and Sexual Health

American Sexual Health Association: (919) 361-8488 or www.ashastd.org

8 a.m. to 8 p.m. EST, Monday – Friday

Centers for Disease Control (CDC) INFO: (800) 232-4636 or www.cdc.gov

GLBT National Youth Talkline: (800) 246-7743 or www.glnh.org/talkline

4 p.m. to 12 a.m. EST, Monday – Friday

12 p.m. to 5 p.m. EST, Saturday

GLBT National Help Center: (888) 843-4564 or www.glbtnationalhelpcenter.org

The Parents Project: www.theparentsproject.com

Planned Parenthood National Hotline: (800) 230-7526 (For routing to local resources) or www.plannedparenthood.org

Trans Lifeline: (877) 565-8860 or www.translifeline.org

This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience.

Stress and Anxiety

National Institute of Mental Health Information Center: (866) 615-6464 or www.nimh.nih.gov/site-info/contact-nimh.shtml

8 a.m. to 8 p.m. EST, Monday – Friday

National Mental Health Association Hotline: (800) 273-8255 or www.nmha.org

Suicide

National Suicide Hotline: (800)784-2433 or (800) 442-4673 or www.hopeline.com

National Suicide Prevention Lifeline: (800) 273-8255 or www.suicidepreventionlifeline.org

Teen Parenting

Baby Safe Haven: Confidential toll free hotline: (888) 510-2229 or <http://safehaven.tv/states>

Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.

Boys Town National Hotline (Serving all at-risk teens and children): (800) 448-3000 or www.boystown.org/hotline

Postpartum Support International: (800) 944-4773 or <http://postpartum.net>

Calls returned within 24 hours

Teen Pregnancy

American Pregnancy Helpline: (866) 942-6466 or www.thehelpline.org

Baby Safe Haven: Confidential toll free hotline: (888) 510-2229 or <http://safehaven.tv/states>
Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.

Birthright International: (800) 550-4900 or www.birthright.org

Planned Parenthood: (800) 230-7526 (For routing to local resources) or www.plannedparenthood.org

Other

Bets Off: (800) 238-7633

Hazelden Foundation: (800) 257-7810 or www.hazelden.org

Hazelden helps people transform their lives by providing quality treatment and continuing care services, education and research.