

IF YOU ARE IN DANGER OR NEED EMERGENCY HELP, CALL 911 OR YOUR LOCAL AUTHORITIES.

Child Help USA National Hotline

Available 24/7, over 170 languages
Helps youth who are suffering child abuse
1-800-4-A-CHILD (1-800-422-4453)
<http://www.childhelpusa.org/>

National Suicide Hotline

Available 24/7
Helps individuals in suicidal crisis with support
1-800-273-8255
<https://suicidepreventionlifeline.org>

Crisis Textline

Available 24/7
Support to all individuals in crisis
Text "HELLO" to 741741
www.crisistextline.org

Trevor Project Lifeline

Available 24/7
Confidential suicide hotline for LGBT youth
866-488-7386
<http://www.thetrevorproject.org>

Boys Town National Hotline

Available 24/7
Serving all at-risk teens and children
Call: 800-448-3000
<http://www.boystown.org/hotline/>

National Human Trafficking Resource Center

Available 24/7

Confidential hotline 1-888-373-7888 24/7
Text "HELP" or "INFO" to 233733
<https://humantraffickinghotline.org/>

Substance Abuse Mental Health Awareness National Helpline
24/7, English and Spanish
Support and referral for drug and alcohol services
1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

National Teen Dating Violence Hotline
Available 24/7
Questions or concerns about dating relationships
1-866-331-9474
Text "loveis" 22522
<http://www.loveisrespect.org>

The Anti-Violence Project
Available 24/7, English and Spanish, LGBT-inclusive
Support for individuals who have suffered violence
Hotline 212-714-1124
<http://www.avp.org>

Gay Lesbian Bisexual Transgender National Help Center
Monday-Friday 1pm to 9pm pacific time
Monday-Friday 4pm to 12am eastern time
Saturday 9am to 2pm pacific time
Saturday 12pm to 5pm eastern time
Support for LGBT youth
Youth Talkline: 1800-246-PRIDE (7743)
<http://www.glbthotline.org/youth-talkline.html>

Trans Lifeline
Available 24/7
Hotline staffed by volunteers who are all trans-identified and educated in the range of
difficulties transgender people experience
U.S. (877) 565-8860
Canada (877) 330-6366
<http://www.translifeline.org>

National Sexual Assault Hotline

Available 24/7

Supports victims of sexual assault, LGBT-inclusive

1-800-656-HOPE 24/7 or

Online Counseling at www.rainn.org

National Domestic Violence

Available 24/7

Supports individuals who are experiencing domestic violence

Hotline 1-800-799-7233 (SAFE)

<http://www.thehotline.org/>

National Runaway Switchboard

Available 24/7, confidential hotline supports runaway youth for safety

800-RUNAWAY (786-2929)

www.1800RUNAWAY.org

National Eating Disorders Helpline

Available Mon.-Thurs. 9:00am – 9:00pm, Fri. from 9:00am – 5:00pm (EST)

Support, resources and treatment options for people struggling with eating disorders

Hotline 1-800-931-2237

www.nationaleatingdisorders.org