When We Know There is Help ... We Find Hope

National Suicide Prevention Hotline - 1-800-273-TALK (8255)
https://suicidepreventionlifeline.org/

Trevor Project Hotline   1-866-488-7386
https://www.thetrevorproject.org/

National Domestic Violence Hotline   1-800-799-7233
https://www.thehotline.org/

Child Abuse Hotline/Childline   1-800-932-0313
https://www.childwelfare.gov/

Substance Abuse and Mental Health Services Administration   1-800-662-HELP (4357)
https://www.samhsa.gov/find-help/national-helpline

The National Eating Disorders Association (NEDA)   1-800-931-2237
https://www.nationaleatingdisorders.org/

Youth In Trouble/Runaways   1-800-786-2929
https://www.1800runaway.org/

National Alliance on Mental Illness   1-800-950-6264
https://nami.org/

National Parent Helpline   1-855-427-2736
https://www.nationalparenthelpline.org/

National Human Trafficking Hotline   1-888-373-7888
https://polarisproject.org/