

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/>