

FOR WHEN YOU NEED HELP

Hotlines:

Suicide & Crisis Lifeline - Call 988 or Text 988

National Domestic Violence Hotline - Call 800-799-7233

National Alliance on Mental Health line - Text "HELPLINE" to 62640 or call 1-800-950-6264

National Youth Crisis Hotline

(800) 442-4673

National Runaway Safeline - 1-800-Runaway (786-2929) or text: 66008

Crisis Text Line - Text HELLO to: 741741

Online

7 Cups - free online text chat with a trained listener

Support Group Central - for online support groups