

Child Abuse Hotlines

- **National Child Abuse Hotline:** Call this number for help if you have been abused, suspect a child or teenager is being sexually abused, or if you are an abuser.
[1-800-422-4453](tel:1-800-422-4453)
[1-800-222-4523](tel:1-800-222-4523); For hearing impaired.
- **National Center for Missing and Exploited Children:** To communicate information to the authorities about child pornography or child sex trafficking.
[1-800-THE-LOST](tel:1-800-THE-LOST) ([1800-843-5678](tel:1800-843-5678))

Depression Hotlines

- **Depression Hotline:** [1-630-482-9696](tel:1-630-482-9696)

Domestic Violence Hotlines

- **National Domestic Violence Hotline:** Access trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers, and counseling. 24-hour availability.
[1-800-799-SAFE](tel:1-800-799-SAFE) (7233)
- **Domestic Abuse Helpline for Men and Women:** [1-888-743-5754](tel:1-888-743-5754)
- **STAND Against Domestic Violence Crisis Hotline:** [1-888-215-5555](tel:1-888-215-5555)

Eating Disorders Hotline:

- **National Association of Anorexia Nervosa & Associated Disorders (ANAD):** [1-847-831-3438](tel:1-847-831-3438)

Elder Abuse Hotline:

- **Elder Abuse Hotline:** [1-800-252-8966](tel:1-800-252-8966)

Human Trafficking Hotline:

- **National Human Trafficking Hotline:** Report a tip or connect with anti-trafficking services in the area. General information, resources and information on trainings available.
[1-888-373-7888](tel:1-888-373-7888) – OR text 233733

Parents Hotline:

- **Parent Hotline:** [1-800-840-6537](tel:1-800-840-6537)

Rape/Sexual Assault Hotlines:

- **The National Sexual Assault Hotline:** [1.800.656.HOPE](tel:1-800-656-HOPE)
- **Safe Helpline:** Sexual assault support line specifically for members of the DoD (Department of Defense) community. [1-877-995-5247](tel:1-877-995-5247)
- **Safe Horizon Rape, Sexual Assault, and Incest hotline:** [212.227.3000](tel:212-227-3000)
- **Take Back the Night Foundation Hotline:** Legal support for survivors in every state. Referrals to counseling, support, legal aid, hospitals. [1-866-966-9013](tel:1-866-966-9013)

Runaway or Homeless Youth Hotlines:

- **National Runaway Safeline:** Resource for runaway and homeless youth, teens in crisis and concerned family/friends. [1-800-RUNAWAY](tel:1-800-RUNAWAY) ([1-800-786-2929](tel:1-800-786-2929))
- **Covenant House:** Access crisis intervention, referral, and/or information services to homeless, runaway and other troubled youth and their families. [1-800-999-9999](tel:1-800-999-9999)

Self-Injury Hotline:

- [1-800-DONT-CUT](tel:1-800-DONT-CUT) (366-8288)

Stalking Hotlines:

- **Crime Victims Hotline:** [1-866-689-HELP](tel:1-866-689-HELP) (4357)
- **Safe Horizon:** [1-800-621-HOPE](tel:1-800-621-HOPE) (4673)

Substance Abuse/Alcoholism Hotlines:

- **Alcohol Abuse and Crisis Intervention:** [1-800-234-0246](tel:1-800-234-0246)
- **Alcohol and Drug Abuse Helpline and Treatment:** [1-800-234-0420](tel:1-800-234-0420)
- **The Alcohol & Drug Addiction Resource Center:** [1-800-390-4056](tel:1-800-390-4056)
- **Alcohol Hotline Support & Information:** [1-800-331-2900](tel:1-800-331-2900)

Suicide Hotlines in the United States:

- **National Suicide Hotline:** [1-800-784-2433](tel:1-800-784-2433)
- **National Suicide Prevention Lifeline:**
[1-800-273-TALK](tel:1-800-273-TALK) (8255)
[1-800-799-4889](tel:1-800-799-4889) (for **Spanish**)
[1-800-799-4889](tel:1-800-799-4889) (for **Text line**)

Surrender Your Baby Hotline:

- **National Safe Haven Alliance Crisis Hotline:** To safely surrender your baby or if you are pregnant and have questions about how the “Safely Surrendered Baby” laws in your state can help you. “Safe surrender” sites can be found in many locations (ie: hospitals, fire stations, etc.) and can be used to ensure your baby is not left unsafe, no questions asked. [1-888-510-BABY](tel:1-888-510-BABY) (2229)

Veterans Crisis Hotlines:

- **Military Helpline:** Help for veterans, members of the military and their families. [1-888-HLP-4-VET](tel:1-888-HLP-4-VET) ([1-888-457-4838](tel:1-888-457-4838))
- **National Call Center for Homeless Veterans:** [1-877-4AID-VET](tel:1-877-4AID-VET) ([1877-424-3838](tel:1877-424-3838))
- **VA National Caregiver Support Line:** [1-855-260-3274](tel:1-855-260-3274)
- **Veterans Crisis Line:** [1-800-273-8255](tel:1-800-273-8255) or text 838255

Youth/Teen Crisis Intervention Hotlines:

- **Boystown National Hotline:** Assists youth, and their family/friends, who are affected by self-harm and other issues.
[1-800-448-3000](tel:1-800-448-3000)
TTY: [1-800-448-3000](tel:1-800-448-3000)
- **LGBTQIA+ Youth Suicide Hotline:**
[1-866-488-7386](tel:1-866-488-7386)
Text “Trevor” to 1-202-304-1200
- **National Youth Crisis Hotline:** Access counseling and referrals to local drug treatment centers, shelters, and counseling services. [1-800-448-4663](tel:1-800-448-4663)
- **Teen Text Line:** Text TEEN 839863
- **Youthline:** Free confidential teen-to-teen crisis help support hotline where youths can call, text, chat, or email and get into contact with a trained youth, when available.
[1-877-YOUTHLINE](tel:1-877-YOUTHLINE) ([1-877-968-8454](tel:1-877-968-8454))