

During a personal crisis, it can be difficult to know what to do. Stressful situations can cloud our judgment and provoke decisions or actions that may not be helpful and not everybody has a support system they can turn to. Fortunately, if you are feeling overwhelmed by mental health issues of any kind, there are a number of helplines available to you.

Staffed by trained counselors, these organizations can provide direct and confidential assistance, crisis center referrals, and useful information for whatever you may be coping with. Know that there are countless people out there who are eager to help, especially at a time when you feel helpless. All of the helplines below are toll-free and confidential, and many of them are operated 24/7 to provide help when you need it the most.

Text message charges may apply depending on your phone plan.

There are a lot of hotline phone numbers on this page. If you don't know where to start, we suggest dialing 2-1-1 on your phone to be connected with the national human service call center. You can learn more about the 2-1-1 here <http://www.211.org>

ABUSE

- National Sexual Assault Hotline 800-656-HOPE (4673)

ADDICTION

- Drug Abuse National Helpline 800-662-4357

CRISIS

- Girls and Boys Town 800-448-3000
- Hearing Impaired 800-448-1833
- Youth Crisis Hotline 800-448-4663
- Teen Hope Line 800-394-HOPE
- Text – HELLO to 741741

DOMESTIC VIOLENCE

- National Domestic Violence 800-799-SAFE
- National Domestic Violence (Spanish) 800-942-6908

EATING DISORDERS

- Eating Disorders Awareness and Prevention 800-931-2237

GRIEF/LOSS

- Grief Share - 800-395-5755

HIV/AIDS

- CDC National HIV & AIDS Hotline - 800-342-2437

HUMAN TRAFFICKING

- National, Human Trafficking Hotline - 888-373-7888 - OR text 233733

LGBTQIA+

- Helpline: 1-800-398-GAYS
- Gay and Lesbian National Hotline- 888-843-4564
- Trevor Hotline (Suicide) 866-4U-TREVOR

PREGNANCY HELPLINE

- Crisis Pregnancy Hotline Number 800-67-BABY6

RUNAWAYS

- National Runaway Safeline 800-RUNAWAY (786-2929)

SELF-INJURY

- S.A.F.E. (Self-Abuse Finally Ends) 800-DONT-CUT (366-8288)

SUICIDE

- National Suicide Prevention Lifeline – 800-273-8255
- National Suicide Prevention (Spanish) – 888-628-9454
- National Suicide Prevention (Deaf & Hard of hearing) 800-799-4889