

# Safety Hotlines

## **Crisis Text Line**

Text HOME to 741-741

A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text which has been instrumental in helping millions of people especially teens.

## **National Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255)

1-888-628-9454 (En Español)

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress where you'll be connected to a skilled, trained counselor at a crisis center in your area.

## **The Trevor Project**

1-866-488-7386

Organization providing 24/7 crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24).

## **National Domestic Violence Hotline**

1-800-799-SAFE (1-800-799-7233)

1-800-787-3224 (TTY)

A free and confidential hotline available 24 hours a day, 7 days a week and provides lifesaving tools & immediate support to enable victims to find safety and live lives free of abuse.

## **National Sexual Assault Hotline**

1-800-656-HOPE (1-800-656-4673)

A free and confidential hotline that's available 24 hours a day, 7 days a week connecting you with a trained support specialist from a sexual assault service provider in your area who can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.

## **Childhelp National Child Abuse Hotline**

1-800-4-A-CHILD (1-800-422-4453)

A 24-hour hotline with resources to aid in every child abuse situation; all calls are confidential. If you are being hurt, know someone who might be hurting, or are afraid you might hurt another, call or text the Childhelp National Child Abuse Hotline.

