

URGENT SUPPORT RESOURCES

* If you or someone you know is experiencing a life-threatening emergency, please call 911 now. Otherwise, we have provided a list of urgent support resources below for non-life-threatening situations. If you have any questions or concerns, please feel free to contact us by visiting the Contact tab on our website.

Crisis Support

988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline is available to you if you are experiencing thoughts of harming yourself. They are also available to support you in other crises that you may find yourself facing. **For TTY Users, dial 711 then 988**

Dial **988**

1-800-273-TALK (8255)

[Chat Now](#)

[Chat en español](#)

Depression Hotline

Depression Hotline offers an ear to listen through a compassionate and confidential counselor for significant life changes and depressive symptoms. They will also help connect you with free therapy for depression in your area.

866-903-3787

Text "Help" to **741741**

Disaster Distress Hotline

This helpline from the Substance Abuse and Mental Health Services Administration provides immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24/7. **For TTY Users, dial 711 then 988**

Call or Text

1-800-985-5990

National 24-Hour Drug Abuse Recovery Hotline

Recovery.org is an American Addiction Centers Resource that can assist you in getting the help you need quickly if you need rehab support or are in danger of relapsing.

580-470-0686

[Text Now](#)

NAMI Helpline

The NAMI (National Alliance on Mental Illness) is available to answer questions and offer support for all Mental Illness topics.

800-950-6264

Text "Help" to **62640**

National Youth Crisis Hotline The National Youth Crisis Hotline helps youth get the support they need for the challenges they are facing. Services are confidential and non-judgmental. **877-870-HOPE (4673)**

National Runaway Safeline (NRS) for Youth NRS offers 24/7 confidential, non-directive, non-judgmental support to help you and guide you to solutions to improve your situation and safety. **1-800-786-2929**
Visit [NRS.org](https://www.nrs.org)

TheTrevorProject LGBTQ+ Support The Trevor Project is dedicated to supporting members of the LGBTQ+ community in crisis or seeking other support. Counselors are available to offer confidential and judgement-free help. **1-866-488-7386**
Text "START" to **678678**
[Chat Now](#)

Veterans Crisis Line The Veterans Crisis Line is available to veterans experiencing a crisis and for loved ones, who are concerned about a veteran in their life. You do not need to be enrolled in VA benefits to use this service. It is free and available 24/7 **Dial 988 then press 1**
Text 838255
[Chat Now](#)

Sexual Assault, Harassment, & Abuse

RAINN RAINN is the nation's largest anti-sexual violence organization and operates the National Sexual Assault Hotline. If you are a victim or survivor of sexual assault or dating violence, support and help is available to you! **800-656-HOPE (4673)**
[Chat Now](#)

National Domestic Violence Hotline The National Domestic Hotline is here to support you and help you locate your local domestic violence shelter. They are also able to connect you to resources for basic needs, therapy, and continued support. **1-800-799-SAFE (7233)**
[HELP NOW](#)

LovelsRespect.org (National Teen Dating Abuse Helpline) The National Dating Abuse Helpline connects teens and young adults with free, confidential support and advocacy. Their peer advocates offer help for a range of concerns from questions about healthy dating to red flags in unhealthy or abusive relationships. **1-866-331-9474**
800-787-3224
Text "LOVEIS" to **22522**
[LovelsRespect.org](https://www.lovelsrespect.org)
[Chat Now](#)

National Center for Missing & Exploited Children (NCMEC)

NCMEC's CyberTipline is the nation's centralized reporting system for the online exploitation of children. The public and electronic service providers can make reports of suspected online enticement of children for sexual acts, child sexual molestation, child sexual abuse material, child sex tourism, child sex trafficking, unsolicited obscene materials sent to a child, misleading domain names, and misleading words or digital images on the internet.

1-800-THE LOST (843-5678)

[CyberTipline](#)

The HOPE Line

The HOPE Line is available via Chat Now service to provide non-judgmental, compassionate, patient, and experienced support from Hope Coaches available 24/7. Additionally, they have mentors available to listen, offer advice, and support you on an on-going basis. Services are free and confidential.

[TheHopeLine.com](#)

[Mentorship Now](#)

[Prayer Support](#)

[Chat Now](#)

CrisisServices.org

Crisis Services.org has an Advocate Department that offers free and confidential survivor support services to individuals 12years of age and older who have experienced rape, sexual assault, domestic violence, and family violence. Additionally, they provide services to family members of survivors

716-834-3131

716-884-6000 (Shelter Support)

[CrisisServices.org](#)

[Contact](#)

