

**Just a note: These are resources that we have come across that may prove helpful to you. Please understand, we ARE NOT recommending or endorsing any of them. It is up to you to determine if they offer something you need and whether or not it is appropriate for your situation.**

### Suicide Hotline Phone Numbers

If you feel suicidal or you're in a crisis situation and need immediate assistance, people at these suicide hotlines in the U.S. are there to help. We have additional [suicide information and resources](#) here.

- 988 - Suicide and Crisis Lifeline (The old number will work indefinitely; it is 1-800-273-TALK [8255])
- 1-800-784-2433 (1-800-SUICIDE) - National Hopeline Network
- 1-866-488-7386 (1-866-4.U.TREVOR aimed at gay and questioning youth)

### Hotline Numbers

#### Domestic Abuse and Child Abuse Hotline

- [Child Abuse Hotline](#) -- 800-4-A-CHILD (800 422 4453)
- [National Domestic Violence Hotline](#) -- 800-799-7233
- [Missing & Exploited Children Hotline](#) -- 1-800-843-5678

#### Drug and Alcohol

- [National Council on Alcoholism and Drug Dependence \(NCADD\)](#)-- 1-800-622-2255
- [Partnership for Drug-Free Kids](#) -- 1-855-DRUGFREE or text your message to 55753
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) -- 1-800-662-4357

#### Eating Disorders

- [National Eating Disorder Association \(NEDA\) HelpLine](#) -- 1-800-931-2237 or text NEDA to 741741
- [National Association of Anorexia Nervosa and Associated Disorders\(ANAD\)](#) -- 630-577-1330
- [Overeater's Anonymous](#) -- Click link to find a meeting near you

## Mental Health Crisis Lines / Suicide Hotlines

### [Suicide and Crisis Lifeline](#) -- 988

- [Trevor HelpLine / Suicide Prevention for LGBTQ+ Teens](#) -- 1-866-488-7386
- [Crisis Text Line](#) -- Text HOME to 741741
- [Gay & Lesbian National Hotline](#) -- 1-888-THE-GLNH (1-888-843-4564)
- [IMAlive](#) -- online crisis chat
- [National Runaway Safeline](#) -- 1-800-RUNAWAY (chat available on website)
- [Teenline](#) -- 310-855-4673 or text TEEN to 839863 (teens helping teens)

## Rape and Sexual Assault

- [Rape, Abuse, Incest, National Network \(RAINN\)](#) -- 1-800-656-HOPE (1-800-656-4673)
- [Sexual Abuse - Stop It Now!](#) -- 1-888-PREVENT

## STD / AIDS

- [AIDS National Hotline](#) -- 1-800-342-2437
- [Project Inform HIV/AIDS Treatment Infoline](#) -- 800-822-7422
- [Project Inform Hepatitis C Helpline](#) -- 1-877-435-7443