

Emergencies

If you are in crisis and services are not immediately available, please use the resources listed below for HELP!

Support and assistance 24/7 for anyone feeling depressed, overwhelmed, or suicidal.

National Suicide Prevention Lifeline (1.800.273.TALK)
<https://suicidepreventionlifeline.org/talk-to-someone-now/>

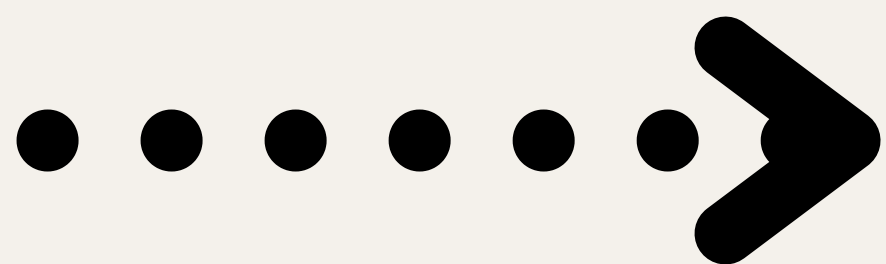
Help for Abusive Partners

800.799.SAFE (7233)
<https://www.thehotline.org/>



National Sexual Assault Telephone Hotline
be connected with a trained staff member from a sexual assault service provider.

800.656.HOPE (4673)



NATIONAL CHILD ABUSE HOTLINE

1.800.422.4453
<https://www.childhelp.org/>

Substance Abuse and Mental Health Services Administration
SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

1-800-662-HELP (4357)
TTY: 1-800-487-4889



Helpline for parent and caregiver support.

1-855-427-2736
<https://www.nationalparenthelpline.org/>



Veteran Crisis Line

1-800-273-8255

<https://www.veteranscrisisline.net/get-help/chat>
