



If you or anyone you know is in a crisis or may be in danger, use the following contact list to find additional information or to get assistance.

- 911 Emergency
 - 988 Suicide & Crisis Lifeline
 - 741741 Crisis Textline
 - +1 (800) 221-7044 AIDS Crisis Line
 - +1 (800) 222-1222 American Association of Poison Control Centers
 - +1 (800) 422-4453 Childhelp National Child Abuse Hotline
 - +1 (800) 996-6228 Family Violence Helpline
 - +1 (888) 843-4564 LGBT National Help Center
 - +1 (866) 331-9474 Love is Respect Helpline
 - 22522 Love is Respect Textline
 - +1 (800) 950-6264 National Alliance on Mental Health (NAMI) HelpLine
 - +1 (800) 233-4357 National Crisis Line - Anorexia and Bulimia
 - +1 (800) 799-7233 National Domestic Violence Hotline
 - +1 (800) 442-4673 National Hopeline Network
 - +1 (888) 373-7888 Human Trafficking Hotline
 - +1 (800) 230-7526 Planned Parenthood Hotline
 - +1 (800) 656-4673 RAINN National Sexual Assault Hotline
 - +1 (800) 366-8288 S.A.F.E. Alternatives (Self-Abuse Finally Ends) Hotline
 - +1 (800) 662-4357 Substance Abuse and Mental Health Services Administration's National Helpline
 - +1 (877) 565-8860 Trans Lifeline
 - +1 (866) 488-7386 Trevor Project Suicide Hotline
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- **Veterans Crisis Line:** www.veteranscrisisline.net
 - **Childhelp:** www.childhelphotline.org
 - **The Trans Lifeline:** translifeline.org/hotline
 - **Grief and Loss Toolkit:** www.griefandloss.tools