

Emergency Resources – BLMHS Guidance Department

Emergency: 911

Referral services: 211 | 211.org

Suicide Prevention (United States): 1-800-273-TALK (8255) |
suicidepreventionlifeline.org

Suicide Prevention (International): befrienders.org

Self-Injury/Cutting: 1-800-366-8288 | selfinjury.com

Eating Disorders: 1-800-931-2237 | nationaleatingdisorders.org

Runaway Hotline: 1-800-231-6946 | 1800runaway.org

Child Abuse Hotline: 1-800-422-4453 | childhelp.org/hotline/

Sexual Assault Hotline: 1-800-656-4673 | rainn.org

Domestic/Relationship Violence Hotline: 1-800-799-7233 | thehotline.org

Trevor Hotline for LGBTQ Youth: 1-866-488-7386 | thetrevorproject.org

**Substance Abuse and Mental Health Services Administration (SAMHSA)
National**

Helpline | samhsa.gov/find-help/national-helpline

**Other resources for developing healthy lifestyles, including mental and
emotional**

help: helpguide.org