

National Suicide Prevention Lifeline- Call 988

Crisis Text Line- 24/7 help: text HOME to 741741 to connect with a Crisis Counselor

Website: <https://www.crisistextline.org/>

Union County Crisis Hotline (Tapline)- 1-800-222-9016

Childline- Child Abuse Hotline- 1-800-932-0313

Transitions- crisis center for violence and abuse

Website: <https://www.transitionsofpa.org/>

Phone: 1-800-850-7948

LGBTQ+ Crisis Help- Call TrevorLifeline

Phone: 1-866-488-7386

Text START to 678-678

Website: <https://www.thetrevorproject.org/>

National Domestic Violence Hotline- Call 1-800-799-SAFE(7233)

Website: <https://www.thehotline.org/>

National Sexual Assault Hotline- Call 1-800-656-HOPE(4673)

Website: <https://www.rainn.org/>

loveisrespect- 24/7 information and support about relationships

Phone: 1-866-331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org/>

NEDA Hotline- National Eating Disorders Association

Call or text: 1-800-931-2237

Website: <https://www.nationaleatingdisorders.org/>

Substance Abuse & Mental Health Services Administration (SAMHSA)- provides referrals to local treatment facilities, support groups, and community-based organizations

SAMHSA's national Helpline: 1-800-662-HELP(4357)

Text zip code to 435748(HELP4U)

National Alliance for Children's Grief- <https://nacg.org/>