

CRISIS HOTLINE NUMBERS

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ALCOHOL AND DRUGS

Al-Anon/Alateen

888-425-2666

8 a.m. to 6 p.m. EST, Monday to Friday

<http://www.al-anon.alateen.org/index.php>

The National Alcohol and Substance Abuse Information Center

800-784-6776

Twenty-four hours a day, seven days a week

<http://www.addictioncareoptions.com>

National Institute on Alcohol Abuse & Alcoholism

800-662-HELP (4357)

Twenty-four hours a day, seven days a week

<http://www.niaaa.nih.gov>

BULLYING AND CYBERBULLYING

CyberTipline

800-843-5678

Twenty-four hours a day, seven days a week

<http://www.cybertipline.com>

National Suicide Hotline

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

National Suicide Prevention Lifeline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.suicidepreventionlifeline.org>

The Trevor Lifeline (U.S. only)

866-4-U-TREVOR (488-7386)

Twenty-four hours a day, seven days a week

<http://www.thetrevorproject.org>

DEPRESSION

Depression and Bipolar Support

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.dbsalliance.org>

National Hopeline Network

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

Suicide Hotline Listings by State

<http://www.suicidehotlines.com>

Suicide Prevention Services Depression Hotline

630-482-9696

Twenty-four hours a day, seven days a week

<http://www.spsamerica.org>

EATING DISORDERS

National Association of Anorexia Nervosa and Eating Disorders

630-577-1330

10 a.m. to 6 p.m. EST, Monday to Friday_

<http://www.anad.org>

National Eating Disorders Association

800-931-2237

9 a.m. to 5 p.m. EST, Monday to Friday_

<http://www.nationaleatingdisorders.org>

GRIEF AND LOSS

National Hopeline Network

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

National Mental Health Association Hotline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.nmha.org>

Tragedy Assistance Program for Survivors (TAPS)

800-959-TAPS (8277)

Twenty-four hours a day, seven days a week

<http://www.taps.org>

HOMELESSNESS AND RUNAWAYS

Boys Town National Hotline-serving all at-risk teens and children

800-448-3000

Twenty-four hours a day, seven days a week

<http://www.boystown.org>

Covenant House Ninline

800-999-9999

Twenty-four hours a day, seven days a week

<http://www.convenanthouse.org>

National Runaway Switchboard

800-RUNAWAY (786-2929)

Twenty-four hours a day, seven days a week

<http://www.1800runaway.org>

MENTAL HEALTH

National Hopeline Network

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

National Institute of Mental Health Information Center

866-615-6464

8 a.m. to 8 p.m. EST, Monday to Friday

<http://www.nimh.nih.gov/site-info/contact-nimh.shtml>

National Mental Health Association Hotline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.nmha.org>

RAPE, SEXUAL VIOLENCE, AND DOMESTIC VIOLENCE

Childhelp USA National Child Abuse Hotline

800-4-A-CHILD (422-4453)

Twenty-four hours a day, seven days a week

<http://www.childhelpusa.org>

loveisrespect, National Teen Dating Abuse Helpline

(866) 331-9474

Twenty-four hours a day, seven days a week

<http://www.loveisrespect.org>

National Domestic Violence Hotline

800-799-SAFE (7233)

Twenty-four hours a day, seven days a week

<http://www.ndvh.org>

Rape, Abuse, and Incest National Network

800-656-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.rainn.org>

Safe Horizon's Rape, Sexual Assault & Incest Hotline

Domestic Violence Hotline: 800-621-HOPE (4673)

Crime Victims Hotline: 866-689-HELP (4357)

Rape, Sexual Assault & Incest Hotline: 212-227-3000

TDD phone number for all hotlines: 866-604-5350

Twenty-four hours a day, seven days a week

<http://www.safehorizon.org>

SCHOOL VIOLENCE

National Center for Mental Health Promotion and Youth Violence Prevention

877-217-3595

9 a.m. to 5 p.m. EST, Monday to Friday

<http://www.promoteprevent.org>

SPEAK UP

866-SPEAK-UP (773-2587)

Twenty-four hours a day, seven days a week

<http://www.cpyv.org>

SEXUALITY AND SEXUAL HEALTH

American Social Health Association

919-361-8488

8 a.m. to 8 p.m. EST, Monday to Friday

<http://www.ashastd.org>

Centers for Disease Control (CDC) INFO

800-CDC-INFO (232-4636)

Twenty-four hours a day, seven days a week

<http://www.cdc.gov>

GLBT National Youth Talkline

800-246-PRIDE (7743)

4 p.m. to 12 a.m. EST, Monday to Friday

12 p.m. to 5 p.m. EST, Saturday

<http://www.glnh.org/talkline>

Planned Parenthood National Hotline 800-230-PLAN (7526) – for routing to local resources
Twenty-four hours a day, seven days a week

<http://www.plannedparenthood.org>

STRESS AND ANXIETY

National Institute of Mental Health Information Center

866-615-6464

8 a.m. to 8 p.m. EST, Monday to Friday

<http://www.nimh.nih.gov/index.shtml>

National Mental Health Association Hotline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.nmha.org>

SUICIDE

Covenant House Ninline Suicide Hotline

800-999-9999

Twenty-four hours a day, seven days a week

<http://www.covenanthouse.org>

National Suicide Hotline

800-SUICIDE (784-2433)

800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

<http://www.hopeline.com>

National Suicide Prevention Lifeline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

<http://www.suicidepreventionlifeline.org>

TEEN PREGNANCY