



Helplines for Teens...

Everyone needs a helping hand at some point in their life. Should you or a friend need someone to talk to, the following resources exist solely to help improve your current situation and your life. **If ever in immediate danger, call 911.**

National Helplines:

- ▶ **National Teen Dating Abuse Helpline, (For anonymous advice):**
If you think you may be in an abusive relationship, you can call to talk with someone about it.
Text: LOVEIS TO 22522 | Chat Online 24/7/365: loveisrespect.org
Call: 1-866-331-9474
- ▶ **RAINN National Sexual Violence Hotline, 1-800-656-4673 (HOPE)**
RAINN has over 1100 trained volunteers on duty to help victims at crisis centers across the U.S.
<https://ohl.rainn.org/online> - Live help for Sexual Assault Victims & their families. Free. Confidential. Secure.
- ▶ **National Runaway Safeline, 1-800-786-2929 (1-800-RUNAWAY) or Text 66008.**
Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.
- ▶ **National Human Trafficking Resource Center, 1-888-373-7888, 24 hours a day/7 days a week.**
Text "HELP" or "INFO" to 233733 (BeFree), Hours of Operation: 3:00pm - 11:00pm EST
- ▶ **National Suicide Prevention Lifeline, 1-800-273-TALK (8255) Available 24 hrs a day, 7 days a week.**
If you, or someone you know, is having thoughts of suicide, call to be connected to an available local certified crisis center.
- ▶ **Childhelp National Child Abuse Hotline, 1-800-422-4453 (4 A CHILD)**
Available 24 hours a day, 7 days a week.
For help or questions about child abuse or child neglect.
- ▶ **National Hotline to Report a Missing Child, 1-800-843-5678 (1-800-THE-LOST®)**
Call if you have information about a missing child or suspected child sexual exploitation.
- ▶ **National Domestic Violence Hotline, 1-800-799-7233 (SAFE)**
Available 24 hours a day, 365 days a year. There are no fees, no names, no judgment. Just help.

Local Helplines:

- Partnership Against Domestic Violence (PADV) (Metro Atlanta):
PADV Crisis Line: (404) 873-1766 V/TTY
- **National Domestic Violence Crisis Line Georgia: 1-800-33-HAVEN (42836)**
- **Georgia Crisis and Access Line (GCAL): (800) 715-4225**
A free 24/7 helpline providing mental health crisis assistance and access to mental health resources in Georgia.
- **24/7 Crisis Text Line: text 'GA' to 741-741**
For people of all ages. Youth and teens are especially encouraged to use this resource.
- **Gwinnett Sexual Assault Center 24 hour crisis line: 770-476-7407**
- **Day League 24 hour crisis hotline: 404-377-1428**
For sexual assault victims
- **Georgia Cares Hotline: 1-844-842-3678**
For victims of Domestic Minor Sex Trafficking
- **DFCS Child Protective Services: 1.855.GACHILD (422.4453)**
For child abuse and/or neglect. 24 hours a day, seven days a week.
- **Crime Victims Advocacy Council of Georgia helpline: 770-333-9254**
- **Safe Place TXT 4 HELP: 4HELP (44357)**
A nationwide, 24-hour text-for-support service for teens in crisis.
Text the word "safe" and your current location (address, city, state) to 4HELP (44357). Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency. For immediate help, reply with "2chat" to text interactively with a trained counselor.