

CRISIS TEXT LINE |

GET HELP NOW
WE'RE HERE FOR YOU.

TEXT “START” TO 741-741

FREE, 24/7, CONFIDENTIAL.

OTHER RESOURCES

Boys Town

- 1-800-448-3000 (24/7)
- [Live Chat with Boys Town](#) (Monday-Thursday, 9pm-12pm EST)
- [Email Boys Town](#)

National Suicide Prevention Lifeline

- 1-800-273-8255 (24/7) Press 1 for Veterans line

Disaster Distress Helpline

- 1-800-985-5990
- Text TalkWithUs to 66746
- TTY for Deaf/Hearing Impaired: 1-800-846-8517

DATING ABUSE & DOMESTIC VIOLENCE

loveisrespect

- 1-866-331-9474/tty: 1-866-331-8453 (24/7)
- [Live Chat with loveisrespect](#) (7 days/week, 5pm-3am EST)

National Domestic Violence Hotline

- 1-800-799-7233 (24/7)
- [Email the National Domestic Violence Hotline](#) (24/7)

RAINN: Rape, Abuse and Incest National Network

- 1-800-656-4673 (24/7)
- [Live Chat with RAINN](#) (24/7)

HUMAN TRAFFICKING

National Human Trafficking Resource Center

- 1-888-373-7888
- Text BeFree (233733)

CHILD ABUSE

USA National Child Abuse Hotline

- 1-800-422-4453 (24/7)

RUNAWAYS

National Runaway Safeline

- 1-800-786-2929 (24/7)
- [Live Chat with National Runaway Safeline](#) (5:30pm – 12:30am EST)

National Safe Place

- Text SAFE and your current location to the number 69866 (24/7)

EATING DISORDERS

National Eating Disorders Association

- 1-800-931-2237 (Monday-Friday, 11:30 am-7:30 pm EST)

ANAD: National Association of Anorexia Nervosa and Associated Disorders

- 630-577-1330 (Monday-Friday, 12 pm-8 pm EST)
- [Email ANAD](#)

CUTTING/SELF INJURY

Safe Alternatives

- [Email SAFE Alternatives for information on seeking help](#)
- Call 800-366-8288 for information on seeking help

SUPPORT FOR GAY, LESBIAN, BISEXUAL AND TRANSGENDER (GLBT) YOUTH

GLBT National Youth Talk

- Call 1-800-246-7743 (Monday-Friday, 4pm-12 am EST/Saturday, 12pm-5pm EST)
- [Email the GLBT National Youth Talk](#)

The Trevor Project

- Call 866-488-7386 (24/7)
 - [Live Chat with the Trevor Project](#) (Fridays 3pm- 4pm CST)