

Emergency Action Resources

Hotlines

Anxiety

National Mental Health Association Hotline 800-273-TALK (8255)

Alcohol and Drugs

The National Alcohol and Substance Abuse Information Center: 800-784-6776
National Institute on Alcohol Abuse & Alcoholism: 800-662-HELP (4357)

Bullying and Cyberbullying

Your Life Iowa: Bullying Support and Suicide Prevention: (855) 581-8111 (24/7)
or text TALK to 85511 (4–8 PM every day)

Child Abuse

Child Abuse Hotline – Support & Information 800-792-5200
National Child Abuse Hotline 800-422-4453

Mood Disorders

NDMDA Depression Hotline – Support Group 800-826-3632
Suicide Prevention Services Depression Hotline 630-482-9696
Suicide & Depression Hotline – Covenant House 800-999-9999
Depression and Bipolar Support 800-273-TALK (8255)

Domestic Violence

Domestic & Teen Dating Violence (English & Spanish) 800-992-2600
National Domestic Violence Hotline 800-799-SAFE
Asian/Pacific Islander Domestic Violence
Resource Project (multilingual) 202-464-4477
Deaf DAWN hotline@deafdawn.org

Eating Disorders

National Association of Anorexia Nervosa and Eating Disorders 630-577-1330
National Eating Disorders Association 800-931-2237

Grief/Loss

Tragedy Assistance Program for Survivors (TAPS) 800-959-TAPS (8277)

HIV/AIDS

AIDSinfo 800-HIV-0440
National AIDS Hotline 800-CDC-INFO
Project Inform: National HIV/AIDS Treatment Hotline: 800-822-7422 or

415-558-9051 in San
Francisco Bay

LGBT

The Trevor Lifeline (U.S. only): 866-4-U-TREVOR (488-7386)
GLBT National Youth Talkline 800-246-PRIDE (7743)
Trans Lifeline 877 565-8860

Parents

Parental Stress Hotline – Help for Parents 800-632-8188
Postpartum Support International 800-944-4PPD (4773)

Pregnancy

AAA Crisis Pregnancy Center 800-560-0717
Planned Parenthood National Hotline 800-230-PLAN (7526)
Baby Safe Haven 888-510-BABY (2229)

Runaway

Runaway Hotline (All Calls are Confidential) 800-231-6946
Boys Town National Hotline - serving all at-risk teens and children 800-448-3000
National Runaway Switchboard 800-RUNAWAY (786-2929)

Sexual Assault

Sexual Assault Hotline (24/7, English & Spanish) 800-223-5001
Rape, Abuse, and Incest National Network 800-656-HOPE (4673)
DC Rape Crisis Center 202-333-RAPE

Sexual Health

American Sexual Health Association 919-361-8488
Centers for Disease Control (CDC) INFO 800-CDC-INFO (232-4636)

Street Harassment

Stop Street Harassment 855-897-5910

Suicide

US Suicide Hotline 800-784-2433
Suicide Prevention Services Crisis Hotline: 800-784-2433
Suicide & Depression Hotline – Covenant House 800-999-9999
Suicide Prevention Services Depression Hotline 630-482-9696
ImAlive Chatroom <https://www.imalive.org>

Youth

National Youth Crisis Hotline 800-448-4663

Boys Town National Hotline - serving all at-risk teens and children
loveisrespect, National Teen Dating Abuse Helpline

800-448-3000
866 331-9474

Emergency Actions

1. Make a Crisis Plan in Advance: <http://mentalhealthrecovery.com/info-center/crisis-plan/>