

When you FEEL there is no HOPE. There is help!

National Suicide Prevention Lifeline
1-800-273-8255

Depression and Bipolar
Help Service Alliance
1-800-826-7243

National Eating Disorders Association
1-800-931-2237

Veterans Crisis Line
1-800-273-8255
Text 838255

Substance Abuse and Mental Health Services
Administration (SAMHSA) National Helpline
1-800-662-HELP (4357)

Childhelp National Child Abuse Hotline
1-800-4-A-Child or 1-800-422-4453

Anxiety and Depression Association of America
1-240- 485-1035

SAMHSA Disaster Distress Helpline
1-800-985-5990 or
Text "TalkWithUs" to 66746

LGBT National Hotline
1-888-843-4564

National Domestic Violence Hotline
1-800-799-SAFE (7233) or
Text "LOVEIS" to 22522

Rape Abuse and Incest National Network
(RAINN)
1-800-656-HOPE (4673)

National Runaway Safeline
1-800-RUNAWAY (1-800-786-2929)

OASAS Hope Line
1-877-8-HOPENY or Text HOPENY

Hope & Healing Recovery
Community Center
1-518-798-4221