

When you FEEL like there is no HOPE.
There is HELP; it's just a call away!



1-800-273-8255



Veterans Crisis Line
1-800-273-8255 **PRESS 1**



NO ONE HAS THE RIGHT TO HURT YOU
1-800-4-A-CHILD
(1-800-422-4453)
ChildhelpHotline.org

NATIONAL CHILD ABUSE HOTLINE

Text Call Chat

NATIONAL HUMAN TRAFFICKING HOTLINE
1-888-373-7888
TEXT BEFREE TO 23373



1800-RUNAWAY (786-2929)
#TALKDONTRUN



LGBT National Help Center
1-888-843-4564 - All Ages
1-888-234-7243 - Seniors
1-800-246-7743 - Youth (13-25)




RAPE, ABUSE & INCEST NATIONAL NETWORK
1-800-656-HOPE
(1-800-656-4673)




Prevent Elder Abuse
1-844-697-3505 - National
(518) 746-2578 - Local Office for Aging

FREE, 24/7, CONFIDENTIAL NATIONAL DOMESTIC VIOLENCE **HOTLINE**
1(800) 799-7233



Depression and Bipolar Support Alliance
1-800-826-3632



NAMI
National Alliance on Mental Illness
Find Help. Find Hope.
1-800-950-NAMI
(1-800-950-6264)

If you or someone you know is struggling with an eating disorder, we are here to help.
Call our toll free, confidential Helpline at 1-800-931-2237




NEDA
Feeding hope.
National Eating Disorders Association



SAMHSA
Substance Abuse & Mental Health Services Administration
"A Life in the Community For Everyone"
United States Department of Health and Human Services
1-800-662-HELP
(1-800-662-4357)



hope&healing
Recovery Community and Outreach Center
(518) 798-4221



Office of Addiction Services and Supports
1-877-8-HOPENY
(1-877-846-7369)