

# Are You Struggling? There is Help Available

If you're stressed or struggling right now, you are absolutely not alone. And there are people available to help. Use these nation-wide services

## For Immediate Help

For immediate  
suicide and crisis lifeline  
assistance.

**Call 988**

If you or someone you  
know is in immediate  
danger

**Call 911**

## MORE SPECIALIZED HELP & HOTLINES TO CALL

### Suicide & Self Harm

#### Crisis Text Line

Text "Home" to 741741

#### Self Injury Foundation

Call 1-800-334-4357

#### Veterans Crisis Line

Call 1-800-273-8255,  
Text 838255

### Family & Relationships

#### Family Violence Hotline

Call 1-800-996-6228,  
Text "START" to 88788

#### National Domestic Violence Hotline

Call 1-800-799-SAFE (7233)

#### National Sexual Assault Hotline

Call 1-800-656-HOPE (4673)

#### National Runaway Safeline

Call 1-800-RUNAWAY  
(786-2929)

#### Child Abuse Hotline

Call or Text 1-800-4-A-CHILD  
(422-4453)

### Drugs and Alcohol

#### Substance Abuse and Mental Health Services Administration

Call 1-800-662-HELP (4357)

#### National Council on Alcoholism and Drug Dependence

Call 1-800-NCA-CALL (622-2255)

#### National Drug Helpline

Call 1-844-289-0879

#### Poison Control

Call 1-800-222-1222

### LGBTQIA+

#### The Lesbian, Gay, Bisexual and Transgender National Hotline

Call 1-888-843-4564

#### National Youth Talkline

Call 1-800-246-PRIDE (7743)

#### The Trans Lifeline

Call 1-877-565-8860