

Hotlines & Helplines

Child Abuse:

- [Childhelp USA](#) is a free and anonymous 24/7 hotline with professional counselors who offer crisis intervention, information, literature, and referrals to 55,000 agencies in 170 languages at 800-4-A-Child.

Sexual Abuse:

- [RAINN](#), America's largest anti-sexual violence organization, has a 24/7 hotline for crisis intervention, referrals, and emotional support at (866) 200-0796. You can also find stories from other survivors, statistics, and current news regarding sexual abuse.

Suicidal Ideation/Intent:

- [National Suicide Prevention Lifeline](#) is available 24/7, and they can provide confidential emotional support via telephone (800-273-TALK) or through their [chat page](#). También tienen un número para aquellos que hablan [español](#) en 888-628-9454.

Teens:

- The Jed Foundation's Mental Health Resource Center provides both [text and call hotline options](#) for times you may feel overwhelmed or in crisis.
- [Teen Line](#) will connect you with other teenagers trained to listen and help you through difficult times by call, text, app, or e-mail.
- [Your Life Your Voice](#) is a 24/7 hotline for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. You can call 800-448-3000, text "VOICE" to 20121, or chat/e-mail on their website.

LGBTQ+:

- [The Trevor Project](#) offers crisis and suicide prevention lifeline for LGBTQ+ youth at (866) 488-7386.
- [National Coalition of Anti-Violence Programs](#) provides national advocacy for local LGBT communities and supports survivors through counseling. Their hotline is 212-714-1141.
- [Trans Lifeline](#) is a trans-led organization that provides emergency, community, and emotional support at 877-565-8860 for trans individuals.

Male Victims:

- [1 in 6](#) offers online support groups and a 24/7 chat helpline for men who have been sexually abused.

Mental Health Condition/Mental Illness (and their friends/family):

- National Alliance on Mental Illness ([NAMI](#)) has a Monday-Friday 10-6 ET non-emergency helpline at 1-800-950-NAMI, as well as a 24/7 crisis text line by texting NAMI to 741-741. They also have [peer support groups](#) for those struggling with mental health issues.

Self-Harm:

- S.A.F.E. (Self Abuse Finally Ends) Alternatives helps people of all ages who deal with [self-harming](#) behaviors. You can reach their hotline at 1-800-DON-TCUT.

Veterans:

- [Veterans Crisis Line](#) offers help via telephone at 1-800-273-8255, texting to 838255, or chatting through their website.