

IMPORTANT RESOURCE PHONE NUMBERS

The National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

The National Human Trafficking Hotline: 1-888-373-7888 or text 233733

Rape, Abuse & Incest National Network (RAINN) Hotline: 1-800-656-HOPE (4673)

Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741

Ayuda en Español: 1-888-628-9454

Deaf/Hard of Hearing Lifeline: Via TTF & Chat 1-800-799-4889

California Youth Crisis Line: 1-800-843-5200

Elderly Friendship Line: For ages 60+. Call 1-800-971-0016

The Trevor Project: For LGBTQ youth. Call 1-866-488-7386

Veterans Crisis Line: 1-800-273-8255 and Press 1 or Text 838255, support for deaf and hard of hearing: 1-800-799-4889

National Alliance on Mental Illness: 1-800-950-6264

National Eating Disorder Association: 1-00-931-2237

General Crisis Text Line: Text SUPPORT to 741-741 or visit www.pleaselive.org/hotlines