National Crisis Resources
Parents and Guardians

Helplines and Hotlines

Addiction and Substance Abuse Resources
National Helpline 800.662.4357 (HELP)
National Institute on Alcohol Abuse & Alcoholism 301.443.3860
www.niaaa.nih.gov
Al-Anon/Ala-teen 800.356.9996
Boys Town (open to all youth) 800.448.3000
Drugfree.org 855.378.4373
Text 55753

LGBTQ+ Resources
The Trevor Project (LGBTQ+ Support) 866.488.7386
www.thetrevorproject.org
Text "START" to 678678
LGBT National Youth Talkline 800.246.7743
Trans Lifeline 877.565.8860
True Colors United 212.461.4401

Family and Domestic Services
Runaway Hotline 800.786.2929
Catholic Charities 800.360.7711
National Child Abuse Hotline 800.422.4453
Rape Abuse and Incest National Network 800.656.4673
National Domestic Violence Hotline 800.799.7233
National Eating Disorder Helpline 800.931.2237
National AIDS Hotline 800.342.2437

In any emergency situation please call 911 or visit your local emergency room.
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