



## National Crisis Resources Parents and Guardians

### Helplines and Hotlines



Text Home to 741-741



### Addiction and Substance Abuse Resources

National Helpline	800.662.4357 (HELP)
National Institute on Alcohol Abuse & Alcoholism	301.443.3860 <a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>
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 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a> 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.*

## **Online Resources**

Society for the Prevention of Teen Suicide

[www.sptsusa.org](http://www.sptsusa.org)

Substance Use & Mental Health Services Administration

[www.samhsa.gov](http://www.samhsa.gov)

Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Child Mind Institute

[www.childmind.org](http://www.childmind.org)

National Alliance on Mental Illness

[www.nami.org](http://www.nami.org)

American Association of Suicidology

[www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

Suicide is Different

[www.suicideisdifferent.org](http://www.suicideisdifferent.org)

Psychology Today (find a therapist)

[www.psychologytoday.com](http://www.psychologytoday.com)

Your Life Your Voice from BoysTown

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

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