

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 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

Online Resources

Society for the Prevention of Teen Suicide	www.sptsusa.org
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In any emergency situation please call 911 or visit your local emergency room.

Substance Use & Mental Health Services Administration	www.samhsa.gov
Centers for Disease Control	www.cdc.gov
American Academy of Pediatrics	www.aap.org
Child Mind Institute	www.childmind.org
National Alliance on Mental Illness	www.nami.org
American Association of Suicidology	www.suicidology.org
American Foundation for Suicide Prevention	www.afsp.org
Suicide is Different	www.suicideisdifferent.org
Psychology Today (find a therapist)	www.psychologytoday.com
Your Life Your Voice from BoysTown	www.yourlifeyourvoice.org
The Trevor Project	www.thetrevorproject.org

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National Crisis Resources Youth

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