



# helpful numbers

**national suicide  
+ crisis lifeline**

988

**kcm sexual abuse  
hotline**

281-693-7273

**texas dfps**

1-800-252-5400

**kcm domestic abuse  
hotline**

281-391-4357

**crisis textline**

text HOME to 741741

**lgbtq+ suicide hotline**

Text START to 678-678

Call 1-866-488-7386

