

**Remember...help is a phone call away.**

**In any crisis, if you are in immediate danger, call 911.**

If you cannot call 911, proceed to the **nearest Hospital Emergency Room** to ask for assistance. Regardless of the type of crisis, the Emergency staff will contact whichever branch of crisis intervention service is appropriate to get you the help you need.

If you cannot locate a Hospital Emergency Room, proceed to the **nearest Fire Station** or **nearest Police Station**, where the staff will provide help and connect you with the appropriate crisis intervention service you need.

## **Cancer**

**Cancer Information Service:** 800-422-6237

Do you have questions about cancer or quitting smoking? The National Cancer Institute (NCI) has information specialists available by phone M-F, from 8 a.m. to 8 p.m. EST. NCI also offers information via its “LiveHelp” online chat service M-F until 11 p.m. EST: [https://livehelp.cancer.gov/app/chat/chat\\_launch/](https://livehelp.cancer.gov/app/chat/chat_launch/)

**Cancer-Related Crisis via the National Suicide Prevention Hotline:** 800-273-8255

People undergoing cancer treatment often need extra help and support to get through the stress of dealing with the illness and any associated pain and depression. If you find yourself feeling that your life is no longer worth living, call the free 24-hour suicide prevention hotline for immediate help. They can also refer you to a cancer support community for ongoing help.

**Bloch Cancer Hotline:** 800-433-0464

Are you newly diagnosed with cancer? The R.A. Bloch foundation’s helpline operators will help get your questions answered and match you up with a survivor of your type of cancer to offer support. The foundation also offers free books, guidance and information.

## **Child Abuse**

**National Child Abuse Hotline:** 1-800-25-ABUSE

**ChildHelp USA National Child Abuse Hotline:** 800-4-A-CHILD (800-422-4453) or 800-2-A-CHILD (800-222-4453, TDD for hearing impaired)

ChildHelp operators are available 24/7 to provide multilingual crisis intervention and professional counseling on **child abuse**. You can get referrals to local social service groups offering counseling for child abuse.

### **Department of Social Services:**

- **Child Abuse Hotline:** 800-342-3720
- **Day Care Complaint Line:** 800-732-5207
- **General information on department programs:** 800-342-3009

You can report child abuse through Child Protective Services and other department programs.

## **Crisis Intervention and Suicide**

**Boys Town Crisis and Suicide Hotline:** 800-448-3000 or 800-448-1833 (TDD)

Boys Town operators are available 24/7 to provide you with immediate phone assistance and short-term crisis intervention and counseling for parent-child conflicts, marital and family issues, suicide, pregnancy, runaways, physical and sexual abuse. Operators also provide referrals to local community resources.

**Covenant House Hotline:** 800-999-9999

This crisis line is available 24/7 for youth, teens, and families. Operators provide counseling and give locally based referrals throughout the U.S. Provides help for youth and parents regarding drugs, abuse, **homelessness**, runaway children, and message relays.

## **Domestic Violence**

**National Domestic Violence Hotline:** 800-799-SAFE (7233), 800-787-3224 (TTY) 800-942-6908 (Spanish)

This 24/7 hotline provides crisis intervention in both English and Spanish, and referrals to local services and shelters for victims of partner or spousal abuse. Trained volunteers are available to connect people with emergency help in their own communities, including emergency services and shelters.

**Domestic Violence Hotline:** 800-829-1122

**STAND Against Domestic Violence Crisis Hotline:** 888-215-5555

**SafeQuest Crisis Line:** 866-487-7233 (4UR-SAFE)

This is a 24-hour crisis intervention line for people who are victims of relationship violence or sexual abuse. Emergency response is offered nationwide, and California residents may receive state-certified emergency shelter and other support services, free of charge.

## **Eating Disorders (and Associated Disorders)**

**National Association of *Anorexia Nervosa* & Associated Disorders (ANAD):** 847-831-3438 (long distance)

**National Mental Health Association:** 800-969-6642

Information specialists are available M-F, from 9 a.m. to 5 p.m., to provide information on mental health topics, as well as referrals.

## **Elder Abuse**

**Elder Abuse Hotline:** 800-252-8966

**Alzheimer's Association Hotline:** 800-621-0379

Operators are available M-F, 8:30 a.m. to 4:00 p.m., providing information and referral services, as well as free brochures.

**National Eldercare Locator:** 800-677-1116

**Elder Abuse Reporting Hotline:** 877-477-3646 (Adult Protective Services, Los Angeles)

Every county in the U.S. generally has an Adult Protective Services agency to help elder adults (65 years and older) and dependent adults (18-64 who are disabled) when they cannot meet their own needs, or are victims of abuse, neglect, fraud, or exploitation. You can call your county hotline to request the appropriate 24-hour Elder Abuse Hotline.

## **HIV/AIDS/Sexually Transmitted Diseases**

**CDC (Center for Disease Control) National Prevention Information Network: 800-458-5231**

Information specialists are available M-F, 9 a.m. to 6 p.m., to answer questions and provide information on HIV and AIDS, new medicines and treatment trials.

**National AIDS Hotline: 800-342-AIDS (2437)**

Available 24/7 with information and referrals to local hotlines, testing centers, and counseling.

**AIDS Hotline in Spanish: 800-344-SIDA (7432)**

Open 8 a.m. to 2 a.m. EST, seven days a week.

**AIDS Hotline for the Hearing Impaired: 800-243-7889 (TDD)**

Open M-F, 10 a.m. to 10 p.m. EST.

**National Sexually Transmitted Disease Hotline: 800-227-8922**

Operators are available M-F, 8 a.m. to 11 p.m. EST to answer general questions and provide information and referrals to free and low-cost public clinics.

**Sexually Transmitted Disease & AIDS/HIV Information Hotline: 800-332-2437, TTY: 800-332-3889 (Ohio)**

## **Parent Hotline**

**Parent Hotline: 800-840-6537**

**Parent Hotline** is a website dedicated to helping families who are in a crisis situation. It lists behaviors for parents to be aware of such as drug use and a questionnaire to help determine if a child is in need of intervention.

## **Poison Control**

**Poison Control: 800-222-1222**

**Poison Control for any Kind of Substance: 800-662-9886**

## **Rape & Assault or Violence**

*If you are in immediate danger, call 911.*

**Rape and Incest National Network (RAINN) Crisis Hotline:** 800-656-4673

In addition to its hotline, RAINN works with local rape crisis centers nationwide, providing resources, articles, programs, and events.

**National Teen Dating Helpline at 1-866-331-9474 or visit [www.loveisrespect.org](http://www.loveisrespect.org)** For teens who have been abused.

**National Sexual Assault Hotline at 1-800-656-4673 or visit [www.rainn.org](http://www.rainn.org)** For anyone who has been raped or experienced sexual violence.

## **Runaway/Exploited Children**

**Missing Children Network:** 800-235-3535

**Thursday's Child's National Youth Advocacy Hotline:** 800-USA-KIDS

**National Hotline for Missing and Exploited Children:** 800-843-5678

This hotline is for reporting missing children and sightings of missing children. They offer assistance to law enforcement agents. Hours of operation are 7:30 a.m.-11 p.m. EST.

**National Runaway Switchboard:** 800-621-4000

Provides 24/7 crisis intervention and travel assistance to runaways. Gives referrals to shelters for adolescents and families. Also relays messages or sets up conference calls with parents at the request of the runaway child.

**Children of the Night:** 800-551-1300

This is a 24/7 crisis line for children 11-17 years of age who have been sexually abused or involved in prostitution ([www.childrenofthenight.org](http://www.childrenofthenight.org)).

**CONFIDENTIAL Runaway Hotline:** 800-231-6946

**Child Find of America Hotline:** 800-I-AM-LOST

Looks for missing and abducted children. Operators are available M-F, 9 a.m. to 5 p.m. EST. Voicemail on evenings and weekends with calls returned.

**Parent Abduction Hotline:** 800-292-9688

Operators are available M-F, 9 a.m. to 5 p.m. EST, providing crisis mediation in parental abduction, as well as prevention information and referrals to local agencies. Voicemail on evenings and weekends with calls returned.

## **Substance Abuse/Alcoholism**

### **24 Hour Drug Addiction Hotlines**

Drug rehab referral services; includes large list of drug-specific helplines and hotlines.

### **24 Hour Alcohol Abuse Recovery Hotline**

Alcohol rehab referral services; includes state and local hotline information and treatment center facility locator.

**The Alcohol & Drug Addiction Resource Center:** 800-390-4056

**Boys Town National Hotline:** 800-448-3000

**National Drug Information Treatment and Referral Hotline:** 800-662-HELP (4357)

24/7 information, support, treatment options and referrals to local rehab centers for any drug or alcohol problem.

**National Cocaine Hotline:** 800-COCAINE (262-2463)

Providing 24/7 crisis intervention, information, and referrals to local rehab centers for cocaine addiction.

**Al-Ateen:** 800-352-9996

**Alcohol Abuse and Crisis Intervention:** 800-234-0246

**Alcohol and Drug Abuse Helpline and Treatment:** 800-234-0420

**Alcohol Hotline Support & Information:** 800-331-2900

## **Suicide**

**National Suicide Prevention Lifeline:** 800-273-TALK (8255)

This is a 24-hour suicide prevention hotline that is free and available to anyone who is in emotional distress or crisis.

**Hopeline:** 800-SUICIDE (1-800-784-2433)

**National Suicide Hotlines:** 800-SUICIDE (784 2433)

**Teen Hotline Covenant House NineLine:** 800-999-9999

**SOS Teen Hotline:** 800-949-0057

**Grief Recovery Helpline:** 800-445-4808

## **Surrender Your Baby**

**Call health & human services nationwide hotline to find a safe surrender site for your baby:** 211

**National Safe Haven Alliance Crisis Hotline:** 1-888-510-BABY

Call these toll free numbers if you want to surrender your baby or are pregnant and have questions about how the “Safely Surrendered Baby” laws in your state can help you.

**Don’t abandon your baby.** There are “safe surrender” sites in many locations—usually any hospital, fire station, lifeguard station—where you can safely hand over your baby with no questions asked. There are laws in place to protect your privacy and ensure that your baby is not abandoned in an unsafe place when you are in crisis.

## **Teens & Youth**

**Teen Hotline Covenant House NineLine:** 800-999-9999

**SOS Teen Hotline:** 800-949-0057

**National Teen Dating Helpline at** 866-331-9474

For teens who have been abused ([www.loveisrespect.org](http://www.loveisrespect.org))

**National Youth Crisis Hotline:** 800-448-4663

Provides 24/7 short-term counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse.

**Youth Development International Crisis Hotline:** 800-HIT-HOME (448-4663)

This youth crisis hotline provides crisis intervention counseling, information and referral on youth issues, child abuse, pregnancy, runaways, suicide, shelters, churches, transportation and more.

## **Coping in a Crisis**

Help is always available to you if you need it, and you should be reassured to know that every city and county in the U.S. has crisis intervention hotlines and assistance in place. Hotlines and crisis centers or facilities are staffed by people who want to be of service to others in need, so if you ask for assistance, you will receive it. The most important first step in a crisis is to ask for help.

## **Coping after a Crisis**

Have you just been through a crisis situation? If so, you may be experiencing some **post-traumatic stress**. All of us will experience some level of stress or a period of disorientation and unrest after a crisis, so it is important to recognize this and allow some time to decompress.

If after a crisis you feel a bit shaky, or even angry, are having trouble focusing or having sleep disturbance, please be reassured that these are considered normal responses to an abnormal situation. Try not to take it out on anyone else, and go easy on others who have been through the same crisis. Your feelings may linger for a while, but you may find that talking it over with family and friends can help you process what has happened.

There is no need to feel that you have to rush the recovery process and quickly “get back to normal.” It is generally recommended that you go easy on yourself, and your loved ones, and take a little extra time to get centered again. If you feel that you need some extra help getting through the post-crisis stage, you are encouraged to seek counseling.

*The nationwide crisis line and hotline directory can be referenced for additional resources state-by-state: <http://www.aaets.org/crisishotline.htm>*