



Emergency and Professional Resources

All service hours are in Eastern Standard Time

Suicide and Mental Health

National Suicide Prevention Hotline - Call 1-800-273-TALK(8255), or visit suicidepreventionlifeline.org for immediate assistance. The site also includes a live chat service, or just dial 988. Available 24/7.

National Alliance on Mental Illness (NAMI) Hotline - Call 1-800-NAMI(6264), or text "HELPLINE" to 62640. Services available 10am-10pm Monday-Friday. Website: nami.org/help

Crisis Text Line - Text "HOME" to 741741 via text message or WhatsApp. It is free, confidential, and services are offered 24/7. Available in English or Spanish. Also offers services to Canada, the UK, and Ireland. crisistextline.org provides the contact information for these additional countries. Available 24/7.

Self-harm Hotline - 1-800- DONT CUT(366-8288). Available 24/7. Website: selfinjury.com.

Help for Ex-JWs in Crisis - <https://www.reddit.com/r/exjw/wiki/suicidehelp/>

National Council on Alcoholism & Drug Dependency (NCADD) - Call 1-800-622-2255. Available 24/7. Website: ncadd.us.

Substance Abuse and Mental Health Services Administration(SAMHSA) - Call 1-800-662-HELP(4357). Referral service for individuals or family members facing mental illness/substance abuse problems. Available 24/7. Website: findtreatment.samhsa.gov.



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Recommended Therapists

Dr. Ryan Lee - Ex-Jehovah's Witness therapist who specializes in helping ex-cult members. He offers a sliding scale based on income to accommodate those experiencing financial hardship. The first consultation is free. Appointments can be booked at drryanlee.com.

Counselor Lisa Madelena - Ex-Jehovah's Witness classically trained counselor with over 22 years experience in helping other Ex-Jehovah's Witness survivors. She offers a "taster session" at the reduced cost of \$50. Appointments can be booked at exjwcounseling.com.

Stephanie Truong - LMFT - Raised in a Jehovah's Witness family, Stephanie specializes in helping people adjust after leaving high control groups and supporting those with religious trauma. She is also a member of Secular Therapist. For more info, please email: struong@ccgofga.com

Larissa Bateman - LMFT & PMH-C - Ex-Jehovah's Witness therapist who specializes in religious trauma and narcissistic abuse. For more information, please visit: www.calmingconnection.com

Debbie Glander - LMFT - Ex-Jehovah's Witness therapist committed to the growth and transformation of her clients. She specializes in working with clients coming out of high control groups, and helps them heal from spiritual abuse and religious trauma. For more information, please visit: <https://debbieglander.com/>

Psychology Today - Visit psychologytoday.com and select "find a therapist" at the top of the page to find local therapists and therapists offering telehealth services. Many of the therapists use a sliding scale based on income to determine rates.

A Therapist's Guide on Jehovah's Witnesses - This resource can be found at jw.support/a-therapists-guide-on-jehovahs-witnesses/, and is designed to assist any professional therapist in understanding the background and particular challenges of their ex-JW clients. It is free and can be printed out or shared easily.





Domestic Violence

National Domestic Violence Hotline - Call 1-800-799-SAFE(7233), or text "START" to 88788. Online live chat is also available at thehotline.org. Available 24/7.

Family Violence Healthline - Call 1-800-996-6228.

Childhelp National Child Abuse Hotline - Call or text 1-800-422-4453, or use live chat at childhelphotline.org. Can be contacted by the child experiencing abuse or by those who have witnessed/suspect abuse. Available 24/7.

National Teen Dating Abuse Hotline - Call 1-866-331-9474, text "LOVEIS" to 22522, or visit loveisrespect.org to use the live chat option. Available 24/7.

Safe2tell - Call 1-877-542-7233 or visit safe2tell.org to report anything that concerns or threatens oneself, one's family, or one's community. Available 24/7 and in English and Spanish.

Emergency Housing, Food, and Resources

Department of Housing and Urban Development Housing Assistance (HUD) - Visit hud.gov/states to learn what's available for assistance in each state or call 1-202-708-1112. Office open Mon-Fri 9am-5pm.

Homeless Shelters Directory - Visit homelessshelterdirectory.org to find local homeless shelters, food banks, and free dental and healthcare clinics.

Find Help - locate free or reduced-cost resources like food, housing, and financial assistance and health care in your area: <https://www.findhelp.org/>

211.org - Simply dial 2-1-1 or visit the website. Offers assistance finding food, paying for housing, accessing free child care, and other essential services. Available 24/7.



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Sexual Assault and Reproductive Health Care Services

Rape, Abuse and Incest National Network (RAINN)- Call 1-800-656-HOPE(4673). Website: rainn.org. Available 24/7.

National Sexual Violence Resource Center(NSVRC) - Call 1-877-739-3895, or visit resources@nsvrc.org for sexual assault survivor referral service. Services help victims find both local and online support. Online service available 24/7.

Planned Parenthood Hotline - Call 1-800-230-7526 or visit plannedparenthood.org for thorough information about all services and live chat options. Services include connecting to a patient navigator via phone, who can provide help in finding financial assistance for abortion procedures, and associated travel and lodging costs. Available 24/7.

National Abortion Federation(NAF) Hotline - Call 1-800-772-9100 or use live chat option found at prochoice.org. Provides private consultations and referrals to clinics offering safe abortion, as well as some limited financial assistance. Hotline available Mon-Fri 8am-7pm, Sat & Sun 8am-4pm. Online chat option available Mon-Fri 8am-5pm.

LGBTQ and Teen Support

LGBTQ National Hotline - Call 1-888-843-4564. Hotline available Mon-Fri 4pm-12am, Sat 12pm-5pm. Website: lgbthotline.org/hotline.html.

The Trevor Project - Call 1-866-488-7386 , text “START” to 678678, or visit <https://www.thetrevorproject.org> to reach a counselor. Provides crisis intervention and suicide prevention services to LGBTQ youth under 25. Available 24/7.

Trans Lifeline - Call 1-877-565-8860. Canada number also available on <https://translifeline.org>. A hotline service run by trans people, for their trans and questioning peers. Available 24/7, with inconsistent wait times to speak to a representative.

Anti-Violence Project(AVP) - Call 1-212-714-1141 or visit avp.org. Hotline number connects to experts who provide bilingual support to LGBTQ individuals facing intimate partner violence, sexual assault, bias, and HIV related violence. Available 24/7.





The Ali Forney Center - Call 1-212-206-0574. The center offers emergency services, including emergency housing, to LGBTQ youth between the ages of 16-24. Services vary by state. Phone lines are available 24/7, but there are times it is impossible to reach a representative due to high call volumes. Website: aliforneycenter.org/get-help.

National Runaway Safeline - Call 1-800-786-2929 to speak to an agent. Visit 1800runaway.org Services involve providing support and resources to homeless youth. Available 24/7.

Other Support Organizations

I Got Out - The #igotout movement empowers survivors of high-control environments by building connections within a diverse and compassionate community.

<https://www.igotout.org/resources>

Recovering from Religion - Offers hope, healing, and support to those struggling with issues of doubt and non-belief, and hosts regular online and in person meetups for peer-support.

<https://www.recoveringfromreligion.org/sg-calendar>

Release and Reclaim - a private online support group to help members release old, toxic beliefs, and reclaim their lives. <https://www.journeyfree.org/group-forum/>



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