



Emergency and Professional Resources

All service hours 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. 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.

National Eating Disorders Helpline(NEDA) - Call or text 1-800-931-2237, or visit nationaleatingdisorders.org for a live chat option. Phone line available Mon-Thurs 11am-9pm & Fri 11am-5pm, texting service available Mon-Thurs 3pm-6pm & Fri 1pm-5pm, and live chat option available Mon-Thurs 9am-9pm & Fri 9am-5pm.

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.

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.





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.

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.

Emergency Housing

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.





Dial 2-1-1 in any US state for emergency housing resources.

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 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. 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.

Other Resources

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.

National Runaway Safeline - Call 1-800-786-2929 to speak to an agent. Visit 1800runaway.org to use a live chat service or sign up to use the texting option. Services involve providing support and resources to homeless youth. Available 24/7.

American Association of Poison Control Centers(AAPCC) - Call 1-800-222-1222. Available 24/7. Website: aapcc.org.

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 both English and Spanish.

