

"ASKING FOR HELP IS NEVER A SIGN OF WEAKNESS.
IT'S ONE OF THE BRAVEST THINGS YOU CAN DO. AND
IT CAN SAVE YOUR LIFE."
~LILY COLLINS.

NATIONAL

HOTLINES

There is no shame in asking for help when you need it.

SEX TRAFFICKING

POLARIS PROJECT NATIONAL HUMAN TRAFFICKING HOTLINE

1-888-373-7888 or text **BeFree 233733** to speak with an Anti-Trafficking Hotline Advocate who can get help.

SEXUAL ASSAULT

NATIONAL SEXUAL ASSAULT HOTLINE

1.800.656.HOPE (4673)

CHILD ABUSE

CHILDHELP USA NATIONAL CHILD ABUSE 24 HOUR HOTLINE

1.800.422.4453

CRISIS

CRISIS TEXT LINE

Crisis Text Line: Text **HOME** to **741741**

FOR SERVICE WOMEN AND FEMALE VETERANS OF ALL ERA

SERVICE WOMEN'S ACTION NETWORK (SWAN) HOTLINE

1.888.729.2089

WOMEN'S INTERNET SAFETY GUIDE

THE EMPOWERING INTERNET SAFETY GUIDE FOR WOMEN

Resources to protect and fight online harassment and threats.

SEXUAL ABUSE

RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN), 24 HOUR HOTLINE

1-800-656-4673

MISSING CHILDREN AND CHILD PORNOGRAPHY

NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN, 24 HOUR HOTLINE

1-800-THE-LOST (843-5678)

DOMESTIC VIOLENCE

NATIONAL DOMESTIC VIOLENCE HOTLINE, 24 HOUR HOTLINE

1-800-799-SAFE (7233)

SUICIDE

NATIONAL SUICIDE PREVENTION LIFELINE HOTLINE

1-800-273-TALK(8255)

LEGAL HELP FOR SEXUAL HARASSMENT AND RELATED
RETALIATION AT WORK

**TIME'S UP LEGAL DEFENSE FUND & NATIONAL CRIME VICTIMS
BAR ASSOCIATION**

For select cases, the **TIME'S UP Legal Defense Fund** can help pay legal fees and costs and connect people to and help pay for media and storytelling assistance.

National Crime Victims Bar Association: 202.467.8753

For assistance pursuing civil justice for crime victims.

SUICIDE

NATIONAL SUICIDE PREVENTION LIFELINE

In an emergency: Please call **911** or the National Suicide Prevention Lifeline right away at **800-273-8255**.

An online chat feature is available too.

Visit: **<https://988lifeline.org/>**

MENTAL HEALTH CRISIS

ATRIUM HEALTH BEHAVIORAL HEALTH HELP LINE

704-444-2400 for 24/7 mental health crisis assistance.

FOR LAW ENFORCEMENT OFFICERS

800-COPLINE

Copline: This international law enforcement officers' hotline (800-COPLINE) connects officers to other officers who understand the stressors of law enforcement. This is available to active duty and retired officers, and callers may choose to remain anonymous.

VETERAN RESOURCES

211'S HELPLINE

A toll-free call to **211** connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services.

1-844-MYFLVET or **2-1-1** – veteran to veteran support, linkage to services and suicide prevention, 24/7.

Veterans/ crisis line 1-800-273- TALK (8255)

ROMANCE ONLINE SCAM

[HTTPS://ROMANSCAMSNOW.COM/](https://romancescamsnow.com/)

Education and support for romance and online scam victims and about cybercrime.

***SCAN FOR MORE
INFORMATION***



Jen Lee, Host of I Need Blue Podcast

Personally contact Jen: info@ineedblue.net

Facebook: [@needbluepodcast](https://www.facebook.com/needbluepodcast)

Instagram: [@ineedbluepodcast](https://www.instagram.com/ineedbluepodcast)