

The Olive Seat

Relax • Learn • Grow

Hotline Resources

Domestic Abuse

National Domestic Violence Hotline

1-800-799-7233

If you are unable to speak, log on to: thehotline.org

Or text: LOVEIS to 1-866-331-9474

Sex Trafficking

National Human Trafficking Hotline

Text: 233733 (Text “HELP” or “INFO”)

Hours: 24 hours 7 days a week

English, Spanish, and 200 more languages

Website: humantraffickinghotline.org

Call: 1-888-373-7888

Suicide

National Suicide Prevention Lifeline

1-800-273-8255

General Crisis lines

Anthemofhope.org

**Faith based ministry with online chat option for real hope and help for those
dealing with mental health and suicide issues.**

