



If you've given your personal information to anybody and believe you've been a victim of fraud, please visit [www.IdentityTheft.gov](http://www.IdentityTheft.gov)

Mental health and suicide prevention hotline - Call 988

Life-threatening emergency - Call 911

Access local government services or shelters - Call 311

USA.gov Benefits, Grants, Loans -<https://www.usa.gov/benefits-grants-loans>

Benefits.gov Financial Assistance -

<https://www.benefits.gov/categories/Financial%20Assistance>

File for bankruptcy -<https://upsolve.org>

Unemployment insurance -<https://www.dol.gov/general/topic/unemployment-insurance>

Pro-bono legal services -<https://www.justice.gov/eoir/list-pro-bono-legal-service-providers>

Create a will -<https://www.freewill.com>

Bail funds - try <https://bailproject.org/help/> or find a [local bail fund here](#).

Hotlines, see <https://www.apa.org/topics/crisis-hotlines>

National Suicide Prevention Lifeline (800) 273-8255

Nacional de Prevención del Suicidio (888) 628-9454

National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

Crisis Text Line - text HOME to 741741

National Domestic Violence Hotline (800) 799-7233

Veterans Crisis Line (800) 273-8255

National Grad Crisis Line (877) 472-3457

National Sexual Assault Hotline (800) 656-4673

Childhelp National Child Abuse Hotline (800) 422-4453

CDC National HIV and AIDS Hotline (800) 232-4636

Substance Abuse and Mental Health National Helpline (800) 662-4357