

## Resource

## Number

Essential Community Services

211

National Suicide Prevention Lifeline

988

Crisis Text Line

988

National Domestic Violence Hotline

800-799-7233

National Domestic Violence Hotline

88788

Drug and Alcohol SAMHSA's National  
Helpline

1-800-662-HELP (4357)

Drug and Alcohol SAMHSA's National  
Textline

435748 (HELP4U)

Quitting Vaping

TEXT "DITCHVAPE" to 88709 (For young Adults) FOR PARENTS wanting to help their offspring text Quit to (202) 899-7550

Food Addiction/ Compulsive Overeating

1-800-931-2237

Gambling Addiction

Text HOPENY (467369) 1-877-8-HOPENY (Each state)  
<https://www.gamblersanonymous.org/ga/hotlines>

Veterans Crisis Line

1-800-273-8255

The Trevor Project

1-866-488-7386

The LGBT National Help Center

1-888-843-4564

Disaster Distress Helpline

1-800-985-5990

Trans Lifeline

1-877-565-8860

National Sexual Assault Hotline

1-800-656-4673

CDC National HIV and AIDS Hotline

(800) 232-4636

Support for Teachers (NY Specified)

718-935-2200 OR 311

Adult Protective Services (APS)

1-833-401-0832

Child Protective Services (CPS)

800-422-4453

RECOVERING FROM RELIGION: The  
Hotline Project

1-84-I-Doubt-It (1.844.368.2848)

Support for Parents

1-855- 4A PARENT (1-855-427-2736)

Office on Women's Health- Women's  
health informational and resource line

800-994-9662

# Description

2-1-1 is a special abbreviated telephone number reserved in the North American Numbering Plan as an easy-to-remember three-digit code to reach information and referral services to health, human, and social service organizations

call 988 for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

free, 24/7 support for those in crisis. Text 988 from anywhere in the US to text with a trained Crisis Counselor.

Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service [Learn more](#)

SMS: Text START to 88788 Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service [Learn more](#)

1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders

send your zip code via text message: 435748 (HELP4U) to find help near you.

The 2018 National Youth Tobacco Survey from the Food and Drug Administration and the Centers for Disease Control and Prevention showed e-cigarette use among middle schoolers

The National Eating Disorders (NEDA) provides a support helpline available Monday – Thursday 11am – 9am ET and Friday 11am-5pm ET. The number is (1-800-931-2237). If you or someone you love is suffering from food addiction and substance abuse at the same time, our addiction hotlines are available to help you find treatment options.

Call the 24/7 HOPEline for information and a referral to your nearest Problem Gambling Resource Center as well as referrals for treatment of co-occurring substance use disorders

veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and

call 1-888-843-4564. Open to callers of all ages. Provides peer-counseling, information, and local resources.

call 1-800-985-5990 for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This includes victims of shootings.

call 1-877-565-8860 for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.

If you or someone else have concerns about sexual assault find help in your area.

Offers expert clinical consultation and educational resources on HIV for health care providers. Scan to learn more! For more information, please call 1-800-CDC-INFO (232-4636) or visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv).

718-935-2200 mon-fri (8am-6pm) or 311- 24 hours a day, let the operator know it is an education related issue

Used for reporting neglect or abuse of persons older than 60 or dependent adult. Type in this number and when it connects it will prompt person to type in their zipcode for local aps.

This ChildHelp National Child Abuse Hotline is available 24 hours a day, 7 days a week. The hotline can provide information on how to make a report.

"What will my parents think if I tell them I don't believe?" "Will my spouse leave me?" "My pastor tells me I should just pray more, but it doesn't seem to be working." "Will leaving my church affect my job?"

We are very familiar with these kinds of questions and want to offer support. Connect with people who understand your struggle with doubt, faith, and managing relationships in religious communities. Our agents are happy to talk with you. They will listen to your concerns and help you with questions. Need to talk? The Hotline is open! Call 1-84-I-Doubt-It (1.844.368.2848)

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent. 10am-7pm PST

helpline is here to connect you with information and resources to answer your health questions.

Call 800-994-9662

Hours: Monday – Friday,

9 a.m. – 6 p.m. ET

(closed on federal holidays)

<https://www.womenshealth.gov/contact-us>