

### **National Suicide Prevention Lifeline**

*Call 1-800-273-8255. The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.*

### **Disaster Distress Helpline**

*The national Disaster Distress Helpline is available for anyone experiencing emotional distress related to natural or human-caused disasters. Call or text 1-800-985-5990 to be connected to a trained, caring counselor, 24/7/365. [disasterdistress.samhsa.gov](https://disasterdistress.samhsa.gov)*

### **Crisis Text Line**

*Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.*

### **The Trevor Project**

*Call [1-866-488-7386](tel:1-866-488-7386) or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.*

### **Trans Lifeline**

*Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.*

### **Dial 2-1-1**

*If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](https://211.org) or dial 211 to speak to someone who can help. Run by the United Way.*

### **National Domestic Violence Hotline**

*For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233) or [1-800-799-7233](tel:1-800-799-7233) for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](https://thehotline.org) or text LOVEIS to 22522.*

### **StrongHearts Native Helpline**

*Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.*

### **The National Sexual Assault Telephone Hotline**

*Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.*

### **Caregiver Help Desk**

*Contact Caregiver Action Network's Care Support Team by dialing [855-227-3640](tel:855-227-3640). Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.*

### **The Partnership for Drug-free Kids Helpline**

*Call [1-855-378-4373](tel:1-855-378-4373) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.*