

- **RAINN** (800-656-HOPE) is the nation's largest anti-sexual violence organization, and they run the National Sexual Assault Hotline.
- **1 in 6** offers online support groups and a chat helpline for men who have been sexually abused.
- The **National Domestic Violence Hotline** (800-799-SAFE) is for those who have experienced domestic violence.
- **Love Is Respect** (866-331-9474) is the national dating violence hotline for teens and young adults, and it is part of the National Domestic Violence Hotline.
- **Childhelp** (800-422-4453) runs the national child abuse hotline and can be used by minors or parents of minors who have experienced any type of abuse.
- The **National Suicide Prevention Lifeline** (800-273-TALK) provides support for people who are suicidal or in crisis, as well as for people trying to help someone who is suicidal.
- **S.A.F.E. Alternatives** (1-800-DON-TCUT) helps people of all ages who deal with self-harming behaviors.
- **National Eating Disorders Association** (800-931-2237) provides support to those struggling with various eating disorders, suggests treatments, and advises friends and family on how to help.
- **Substance Abuse and Mental Health Services Administration** (800-622-HELP) provides support and referrals to those facing substance use and/or mental health disorders, as well as to those who support them.
- The **National Drug Helpline** (844-289-0879) offers private, confidential help from trusted professionals for those struggling with dependency on alcohol, prescription, or illegal drugs.
- The **Jed Foundation's** Mental Health Resource Center (800-273-TALK) provides both text and call hotline options for young people who are facing mental health issues or crises.
- **Your Life Your Voice** (800-448-3000) is a hotline for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed with any issue. They also offer text, chat, and e-mail options.
- **The Trevor Project** (866-488-7386) offers crisis and suicide prevention support for LGBTQ+ youth.
- **Trans Lifeline** (877-565-8860) is a trans-led organization that provides emergency, community, and emotional support for trans individuals.
- **Veterans Crisis Line** (800-273-8255) offers crisis help to all Veterans, Service members, National Guard and Reserve members, and their loved ones.