National Suicide Hotline
1-800-273-8255 (TALK)
Website: www.suicidepreventionlifeline.org
National Suicide Hotline Chat: https://suicidepreventionlifeline.org/chat/

Substance Abuse and Mental Health Services Administration
1-800-662-4357
findtreatment.samhsa.gov

National Domestic Violence Hotline
1-800-799-7233
www.thehotline.org

National Domestic Violence Hotline - Live Chat Services
http://www.thehotline.org/what-is-live-chat/

National Sexual Assault Hotline
1-800-656-4673

National Organization for Victim Assistance
1-800-879-6682

International Crisis Hotline Information
www.befrienders.org

International Association of Suicide Prevention (International Crisis Centers)
https://www.iasp.info/resources/Crisis_Centres/

Crisis Text Line Hotline
Text 741741 from anywhere in the US
www.crisistextline.org

Veteran’s Crisis Line
1-800-273-8255 (TALK) and press 1
Text 838255
www.veteranscrisisline.net

Homeless Shelter Directory
www.homelessshelterdirectory.org