

Emergency Resources for Students and Families

<u>211 Impact – First Call for Help</u>	<p>Call 211 :24-hour mental health crisis intervention, information, referral and listening support. English and Spanish speaking counselors available. Call, text, chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you including:</p> <p>Supplemental food and nutrition programs, shelter/housing options, utilities assistance, emergency information, disaster relief, employment and education resources, health care, vaccination, and health epidemic information, addiction prevention and rehabilitation programs, mental health or special needs support groups, domestic abuse victim assistance.</p>
<p>911</p>	<p>If emergency assistance is needed now or if you have been the victim of a crime, please call 9-1-1 or get in contact with your local police department.</p>
<u>American Association of Poison Control Centers</u>	<p>(800) 222-1222</p> <p>Poison control centers offer free, confidential, expert medical advice 24/7</p>
<u>The Childhelp National Child Abuse Hotline</u>	<p>Call or TEXT: 1-800-4-a-child or 1-800-422-4453</p> <p>The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse.. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.</p>
<u>Crisis Text Line</u>	<p>Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained volunteer to support people in crisis and bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.</p> <p>Text from anywhere in the USA to text with a trained Crisis Counselor.</p>

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<u>Disaster Distress SAMHSA</u>	<p>800-985-5990</p> <p>text talk with us to 66746</p> <p>The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text to connect with a trained crisis counselor.</p>
<u>National Domestic Violence Hotline</u>	<p>(800) 799-SAFE (7233) <i>If you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.</i></p> <p>Thehotline.org</p> <p>National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information, educational services and referral services in more than 200 languages. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, local resources and ways to support the organization 24/7.</p>
<u>National Eating Disorders Center Helpline</u>	<p>(800) 931-2237</p> <p>Monday-Thursday from 10AM to 8PM CST, and Friday from 10AM to 4PM CST</p> <p>CHAT LINE: Monday-Thursday from 8am to 8pm CST, and Friday from 8am to 4pm CST. https://chatserver.comm100.com/ChatWindow.aspx?siteId=144464&planId=467</p> <p>Support, resources and treatment options for yourself or a loved one.</p>
<u>National Parent Hotline</u>	<p>1-855- 4A PARENT (1-855-427-2736) Helpline Advocates are available Monday-Friday, 12 pm - 5 PM Pacific Standard Time</p> <p>Helpline advocates are available to provide emotional support and referrals to parents.</p>

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National Runaway Safeline	1-800-RUNAWAY (1-800-786-2929) NRS is available to listen, support and connect youth and families to resources
Partnership for Drug-free Kids	1-855-378-4373 or Text 55753 (response within 24 hrs). Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends. The Partnership for Drug-free Kids is a nonprofit committed to supporting the whole family as they address every aspect of substance use and addiction, from prevention to recovery.
Rape, Sexual Assault, Abuse, and Incest National Network (RAINN)	(800) 656-HOPE Calling the National Sexual Assault Hotline gives you access to a range of free services including: Confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, local resources that can assist with your next steps toward healing and recover, referrals for long term support in your area, information about the laws in your community.
SAMHSA's National Helpline	1-800-662-HELP (4357) SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
Suicide Prevention Lifeline	800-273-TALK (8255) or chat online: https://suicidepreventionlifeline.org/ 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.

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The Trevor Lifeline	<p>The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.</p> <p><u>Trevor Lifeline</u> 1-866-488-7386. The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25</p> <p><u>Trevor chat</u> A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily.</p> <p><u>Trevor Text</u> text START to 678678.</p> <p>A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention</p>
Youth Line	YouthLine is a 24/7, free, confidential teen crisis helpline. (877) 968-8491 Text TEEN2TEEN to 839863