ASK FOR HELP when you need it. You need it when you are doing something or have a circumstance that exceeds your knowledge/emotional bandwidth, or if you are in crisis.

A CRISIS involves danger of harm (concern a person is going to harm themselves or someone else) and/or encountering something that you simply do not know how to handle.

Here are some national resources to use when you need help and/or are experiencing a crisis:

**MENTAL HEALTH CRISIS:**

**SUICIDE PREVENTION RESOURCES:**
- Crisis Text Line: TEXT 741741
- National Suicide Prevention Lifeline: CALL 1-(800) 273-TALK (8255)
- National Suicide Prevention Lifeline (Spanish): CALL (888) 628-9454
- National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing): CALL (800) 799-4889

**LGBTQ+ RESOURCES:**
- The Trevor Project: CALL or TEXT 1-(866) 488-7386 to be connected with resources, community, and a safe space.
- Trans Lifeline: CALL 1-877-565-8860 for peer support, including direct emotional support and financial support for trans people in crisis.

**BIPOC RESOURCE:**
- BlackLine: CALL or TEXT 1-(800) 604-5841 to be connected to space, services, and resources for Black, Black LGBTQI, Brown, Native, and Muslim folks who are in crisis or want to talk through negative experiences.

**VETERAN RESOURCE:**
- Veteran Crisis Line: CALL 1-800-273-8255 and press 1 or TEXT 838255 or CHAT with someone at veteranscrisisline.net to connect with a trained responder and learn about resources in your area.
MEDICAL NEEDS:

- National STD Hotline: **CALL 1-800-227-8922** for anonymous, confidential, and reliable answers to questions about STDs and HIV/AIDS.

- HumanaFirst® Nurse Advice Line: **CALL 1-(800) 622-9529 (TTY:711) 24/7** for health concerns that you do not know what to do with and/or health-related questions.

- Anthem Blue Cross Nurse Line: **CALL 1-(800) 224-0336 (TTY: 1-800-368-4424) 24/7** to talk with a Registered Nurse when you have health questions or need medical advice.

VIOLENCE:

- National Domestic Violence Hotline: **CALL 1-(800) 799-7233**

- National Sexual Assault Hotline: **CALL (800) 656-4673**

- Child Abuse Hotline: **CALL (800) 422-4453**

- StrongHearts Native Helpline: **CALL 1-(844) 7NATIVE (762-8483)** to be connected with resources for Native American victims and families affected by domestic, dating, and/or sexual violence.

ADDITION SUPPORT:

- Alcoholic Anonymous: **CALL (202) 966-9155**

- Narcotics Anonymous: **CALL (800) 543-4670**

- Gamblers Anonymous: **CALL (855) 222-5542**

- Treatment Referral Hotline (Substance Abuse): **CALL 1-800-662-HELP (1-800-662-4357)**

FOOD NEEDS:

- USDA National Hunger Hotline: **CALL 1-866-3-HUNGRY (1-866-348-6479)** for English or **CALL 1-877-8-HAMBRE (1-877-842-6273)** for Spanish to be connected to all food assistance options in your area.

- National Eating Disorders Association Helpline: **CALL 1-800-931-2237** or **CHAT** online at [https://www.nationaleatingdisorders.org](https://www.nationaleatingdisorders.org) for support, resources, and treatment options for yourself or a loved one with eating disorders and disordered eating.

- 2-1-1 Hotline: **CALL 2-1-1** to be connected to additional resources on where to find food assistance in your area. Note: not all areas have access to a 2-1-1 resource.
SHELTER NEEDS:

• 2-1-1 Hotline: CALL 2-1-1 to be connected to additional resources on where to find shelter assistance in your area. Note: not all areas have access to a 2-1-1 resource.

• Department of Housing Hotline: CALL 1-800-569-4287 to be connected with a housing counselor, free of charge for homeless services.

OTHER RESOURCES:

• DeafLEAD Crisis Line for VideoPhone users who communicate with American Sign Language: CALL 321-800-3323 (321-800-DEAF) or TEXT “HAND” to 839863 for support with:
  • Free mental health services
  • Crisis intervention and referrals
  • Domestic and sexual violence
  • Personal, medical, and legal advocacy

• Disaster Distress Hotline: CALL 1-800-985-5990 or TEXT “TalkWithUs” to 66746 to be connected with immediate crisis counseling for those experiencing emotional distress related to any natural or human-caused disaster.

Signs that require IMMEDIATE ASSISTANCE:

Thoughts or impulses of harming yourself or others
Making plans to harm yourself or others
Feeling out of touch with reality