

## Helpful Hotlines

### 988

Eating Disorders Crisis	Text HEALING to 741741
Suicidal Thoughts	<u>988</u>
S.A.F.E. (Self Abuse Finally Ends)	1-800-DONT-CUT
Teen Hope line (Under 18)	1-800-394-HOPE
National Domestic Violence	1-800-799-SAFE
National Sexual Assault	1-800-656-HOPE
United States Elder Abuse	1-866-363-4276
National Child Abuse	1-800-4-A-CHILD
Family Violence Prevention Center	1-800-313-1310
GriefShare	1-800-395-5755
Grace Helpline (Christian)	1-800-982-8032
Crisis Pregnancy	1-800-67-BABY-6
Rest Ministries (Chronic pain/illness)	1-888-751-REST
Hearing Impaired (Teen)	1-800-448-1833
Hearing Impaired (Adult)	1-800-799-4TTY
Drug Abuse National	1-800-662-4357
Family Anonymous (Addiction)	1-888-554-2627
National Runaway Safeline	1-800-RUNAWAY
Crisis (Online Chat)	CrisisChat.org
Crisis (Text)	Text HELLO to 741741