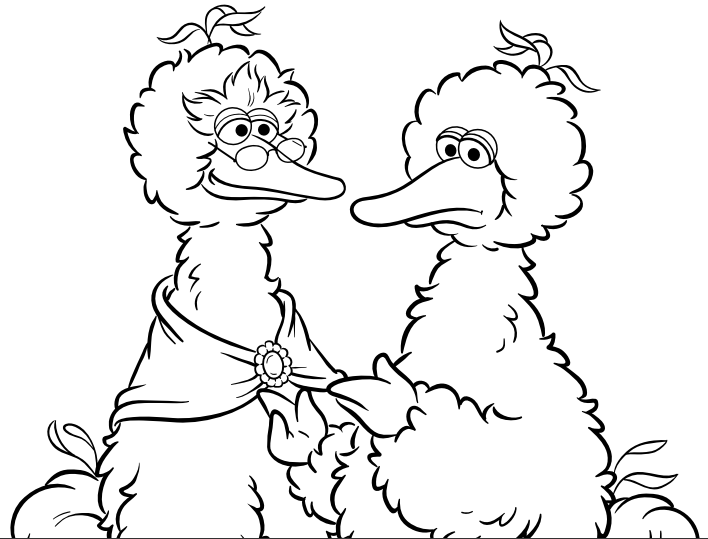


Asking for Help

No one is alone. Just as it's brave for a child to ask for help, it can strengthen a family when parents and caregivers reach out for support. These resources offer lifesaving help and hope, and can begin the healing process. Most are staffed 24/7 and all are confidential.



General Help

National Parent Helpline

1-855-4A Parent (1-855-427-2736)
Emotional support and empowerment for parents.
nationalparenthelpline.org

Crisis Text Line

Text HELLO to 741741
A free 24/7 text service for people in a wide range of crises.
crisistextline.org

United Way

Dial 211
Referral and information service connecting people with local health and human services. Supports people living with emotional and physical domestic abuse, bullying, sexual assault, alcohol abuse, suicidal thoughts, and more.
211.org

Mental Health

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)
Available 24/7.
suicidepreventionlifeline.org

National Drug and Alcohol Treatment Hotline

1-800-662-HELP (4357)
Provides information on alcohol and drug abuse, local treatment options, and counselor support.
samhsa.gov/find-help

Getting to Safety

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233) &
1-800-787-3224 (TTY) &
1-855-812-1001 (video phone) for hearing impaired
Crisis intervention, safety planning, information, and referrals.
thehotline.org

Childhelp National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)
Help and answers about child abuse or neglect.
childhelp.org/hotline

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)
Operated by the Rape, Abuse & Incest National Network (RAINN).
rainn.org

Victim Connect Chat

1-855-4VICTIM (1-855-484-2846)
For those coping with the aftermath of crime.
victimconnect.org

The National Runaway Safeline

1-800-RUNAWAY (1-800-786-2929)
For young women who are pregnant and/or parenting while homeless or fleeing abuse.
1800runaway.org

National Center for Missing and Exploited Children

1-800-THE-LOST (1-800-843-5678)
Helps find missing children and supports victims of child abduction and sexual exploitation.
missingkids.com