



**NATIONAL  
DOMESTIC  
VIOLENCE**

Domestic Violence Support | National Domestic Violence Hotline ([thehotline.org](http://thehotline.org))



National Sexual Assault Hotline  
**800.656.HOPE**  
[rainn.org](http://rainn.org)

National Sexual Assault Hotline | RAINN Terms of Service - Online Hotline ([rainn.org](http://rainn.org))



**family**  
ELDERCARE

Eldercare | For any older adult or their families experiencing elder abuse | Eldercare Locator ([acl.gov](http://acl.gov))



**Childhelp**  
Founded in 1959 by Sara O'Meara and Yvonne Feddersen  
PREVENTION and TREATMENT of CHILD ABUSE

ChildHelp Hotline | For any child experiencing abuse | Home - Childhelp ([childhelp.org](http://childhelp.org))



**ANAD**

Crisis Line | Anorexia & Bulimia | 1-800-233-4357



**NEDA**  
Feeding hope.

National Eating Disorders Association | Get Help - National Eating Disorders Association ([nationaleatingdisorders.org](http://nationaleatingdisorders.org))



LGBT Hotline | For anyone wanting to speak with a support volunteer who identifies as part of the LGBTQIA+ family providing free & confidential peer-support, information, & local resources | 1-888-843-4564



**TRANS LIFELINE**  
US: (877) 565-5800 CA: (877) 530-5306

Trans Lifeline | A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive | Hotline - Trans Lifeline ([translifeline.org](http://translifeline.org))



**THE  
TREVOR  
PROJECT**  
For Young LGBTQ Lives

The Trevor Project | For young LGBTQ Lives: ([thetrevorproject.org](http://thetrevorproject.org))



**Veterans  
Crisis Line**  
DIAL 988 then PRESS 1

Veterans Crisis Line | For veterans and service members. You do not have to be enrolled at the VA | Home ([veteranscrisisline.net](http://veteranscrisisline.net)) to chat online OR dial 988 then press 1 OR text 838255.



Your Life Your Voice | For youth in need of help with issues or having mental health concerns | Call 1-800-448-3000 or text VOICE to 20121



**2.1.1**

Get Connected. Get Help.™

211 For Essential Community Services | For anyone experiencing mental health crisis, issues, abuse, or needs help finding supplemental food programs, shelter/housing, utilities assistance, disaster relief, employment, education opportunities, affordable healthcare, or other social services | Call 211 for Essential Community Services