

Emergency Contact Resources

- Emergency: **911**
- Referral Services: **211**
(for food/clothing/housing/utilities/employment/health/
mental health/education/family services)
211.org
- Suicide Prevention (United States): 1-800-273-TALK (8255)
<http://suicidepreventionlifeline.org>
- Self-Injury/Cutting: 1-800-366-8288
Selfinjury.com
- Eating Disorders: 1-800-931-2237
nationaleatingdisorders.org
- Runaway Hotline: 1-800-231-6946
1800runaway.org
- Child Abuse Hotline: 1-800-422-4453
childhelp.org/hotline/
- Sexual Assault Hotline: 1-800-656-4673
rainn.org
- Domestic/Relationship Violence Hotline: 1-800-799-7233
thehotline.org

- Trevor Hotline for LGBTQ Youth: 1-866-488-7386
thetrevorproject.org
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:
1-800-662-HELP (4357)
samhsa.gov/find-help/national-helpline
- Other Resources for Developing Healthy Lifestyles
(including mental and emotional help):
helpguide.org