

NATIONAL RESOURCE GUIDE

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.

ADDICTION SUPPORT:

- Alcoholics 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> 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

Calling 9-1-1 is often recommended for life-threatening situations. You may also wish to seek additional 24-hour resources related to safety.

List that potential alternative number here: _____