



All In for All Stars

HOTLINE AND HELPLINES FOR SUPPORT

Child Abuse:

Childhelp USA is a free and anonymous 24/7 hotline with professional counselors who offer crisis intervention, information, literature, and referrals to 55,000 agencies in 170 languages at 800-4-A-Child.

Sexual Abuse:

RAINN, America's largest anti-sexual violence organization, has a 24/7 hotline for crisis intervention, referrals, and emotional support at (866) 200-0796. You can also find stories from other survivors, statistics, and current news regarding sexual abuse.

Suicidal Ideation/Intent:

National Suicide Prevention Lifeline is available 24/7, and they can provide confidential emotional support via telephone (800-273-TALK) or through their chat page. También tienen un número para aquellos que hablan español en 888-628-9454.

Teens:

The Jed Foundation's Mental Health Resource Center provides both text and call hotline options for times you may feel overwhelmed or in crisis.

Teen Line will connect you with other teenagers trained to listen and help you through difficult times by call, text, app, or e-mail.

Your Life Your Voice is a 24/7 hotline for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. You can call 800-448-3000, text "VOICE" to 20121, or chat/e-mail on their website.

LGBTQ+:

- *The Trevor Project offers crisis and suicide prevention lifeline for LGBTQ+ youth at (866) 488-7386.*
- *National Coalition of Anti-Violence Programs provides national advocacy for local LGBT communities and supports survivors through counseling. Their hotline is 212-714-1141.*
- *Trans Lifeline is a trans-led organization that provides emergency, community, and emotional support at 877-565-8860 for trans individuals.*
- *Male Victims: 1 in 6 offers online support groups and a 24/7 chat helpline for men who have been sexually abused. Mental Health Condition/Mental Illness (and their friends/family)*



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National Alliance on Mental Illness (NAMI)

Monday-Friday 10-6 ET non-emergency helpline at 1-800-950-NAMI, as well as a 24/7 crisis text line by texting NAMI to 741- 741.

They also have peer support groups for those struggling with mental health issues.

Self-Harm:

S.A.F.E. (Self Abuse Finally Ends) Alternatives helps people of all ages who deal with self-harming behaviors. You can reach their hotline at 1-800-DON-TCUT.

Veterans:

Veterans Crisis Line offers help via telephone at 1-800-273-8255, texting to 838255, or chatting through their website.