



Crisis Information

If you are in a crisis or if you or any other person may be in danger-do not use this site.
These resources can provide you with immediate help.

- Emergency 911
- National Domestic Violence Hotline: 1-800-799-7233
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Hopeline Network: 1-800-SUICIDE (800-784-2433)
- Lifeline Crisis Chat (online live messaging)
- Crisis Text Line: Text "START" to 741-741
- Self-Harm Hotline: 1-800-DON'T CUT (1-800-366-8288)
- Family Violence Helpline: 1-800-996-6228
- Planned Parenthood Hotline:1-800-230-PLAN (7526)
- American Association of Poison Control Centers: 1-800-222-1222
- National Council on Alcoholism & Drug Dependency: 1-800-622-2255
- National Crisis Line-Anorexia & Bulimia: 1-800-233-4357
- GLBT Hotline: 1-888-843-4564
- TREVOR Crisis Hotline: 1-866-488-7386
- AIDS Crisis Line: 1-800-221-7044
- Veterans Crisis Hotline: 1-800-273-8255