

## GENERAL CRISIS

<i>7 Cups of Tea</i>	Online listeners	<a href="http://www.7cupsoftea.com">www.7cupsoftea.com</a>
<i>Boys Town Hotline</i> (24 hrs.)	800-448-3000	<a href="http://www.boystown.org">www.boystown.org</a>
<i>Crisis Call Center (National Suicide Prevention Lifeline)</i> (24 hrs.)	800-273-8255	<a href="http://www.crisiscenter.org">www.crisiscenter.org</a>
<i>I'm Alive (Online Crisis Network)</i>	Online chat	<a href="http://www.imalive.org">www.imalive.org</a>
<i>Lifeline Crisis Chat (National Suicide Prevention Lifeline)</i> (24 hrs.)	Online chat	<a href="http://www.crisischat.org">www.crisischat.org</a>
<i>National Center for Missing and Exploited Children</i> (24 hrs.)	800-THE-LOST	<a href="http://www.missingkids.com">www.missingkids.com</a>
<i>National Hopeline (Suicide) Network</i> (24 hrs.)	800-442-4673	<a href="http://www.hopeline.com">www.hopeline.com</a>
<i>National Runaway Safeline</i> (24 hrs.)	800-RUNAWAY	<a href="http://www.1800runaway.org">www.1800runaway.org</a>
<i>Teen Line</i>	800-852-8336	<a href="http://www.teenlineonline.org">www.teenlineonline.org</a>
<i>Youth America (Teen to Teen Peer Counseling Hotline)</i>	877-968-8454	<a href="http://www.youthline.us">www.youthline.us</a>

## ALCOHOL/SUBSTANCE ABUSE

<i>Al-Anon/Alateen (For Families of Substance Abusers)</i>	888-4AL-ANON	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
<i>Alcoholics Anonymous</i>	212-870-3400	<a href="http://www.aa.org">www.aa.org</a>
<i>American Council on Alcoholism</i>	800-527-5344	<a href="http://www.aca-usa.com">www.aca-usa.com</a>
<i>Narcotics Anonymous</i>	818-779-9135	<a href="http://www.na.org">www.na.org</a>
<i>National Institute on Alcohol Abuse and Alcoholism</i>	301-656-3920	<a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>

## ABUSE/HEALTH INFO

<i>American Heart Association</i>	800-AHA-USA-1	<a href="http://www.heart.org">www.heart.org</a>
<i>CDC National HIV/AIDS Contact Center</i>	800-CDC-INFO	<a href="http://www.cdc.gov/hiv">www.cdc.gov/hiv</a>
<i>CDC National STD Contact Center</i>	800-CDC-INFO	<a href="http://www.cdc.gov/std">www.cdc.gov/std</a>
<i>National Cancer Institute</i>	800-4-CANCER	<a href="http://www.cancer.gov">www.cancer.gov</a>
<i>National Child Abuse Hotline</i> (24 hrs.)	800-4-A-CHILD	<a href="http://www.childhelpusa.org">www.childhelpusa.org</a>
<i>National Organization for Rare Disorders</i>	800-999-6673	<a href="http://www.rarediseases.org">www.rarediseases.org</a>
<i>Office on Women's Health</i>	800-994-9662	<a href="http://www.womenshealth.gov">www.womenshealth.gov</a>
<i>Poison Control Center</i> (24 hrs.)	1-800-232-2222	<a href="http://www.aapcc.org">www.aapcc.org</a>
<i>Rape, Abuse and Incest National Network (RAINN)</i> (24 hrs.)	800-656-HOPE	<a href="http://www.rainn.org">www.rainn.org</a>
<i>Youth Violence Prevention</i>	800-CDC-INFO	<a href="http://www.cdc.gov">www.cdc.gov</a>

## MENTAL HEALTH

<i>Depression and Bipolar Support Alliance Helpline</i>	800-273-TALK	<a href="http://www.dbsalliance.org">www.dbsalliance.org</a>
<i>Mental Health America</i>	800-969-6642	<a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a>
<i>National Alliance on Mental Illness Helpline</i>	800-950-NAMI	<a href="http://www.nami.org">www.nami.org</a>
<i>National Mental Health Consumers' Self-Help Clearinghouse</i>	800-553-4539	<a href="http://www.mhselfhelp.org">www.mhselfhelp.org</a>
<i>National Eating Disorders Association Helpline</i>	800-931-2237	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>
<i>SAFE Alternatives (Self-Abuse Finally Ends)</i>	800-DONT-CUT	<a href="http://www.selfinjury.com">www.selfinjury.com</a>

## SEXUAL ORIENTATION/GENDER IDENTITY

<i>Gay, Lesbian, Bisexual and Transgender National Youth Talkline</i>	800-246-PRIDE	<a href="http://www.glnh.org">www.glnh.org</a>
<i>LYRIC (Serving LGBTQ Youth)</i>	415-703-6150	<a href="http://www.lyric.org">www.lyric.org</a>
<i>The Trevor (LGBTQ Ages 13-24) Lifeline</i> (24 hrs.)	866-488-7386	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>

**ASKING FOR HELP IS A SIGN OF STRENGTH, NOT WEAKNESS.**

