

GENERAL CRISIS

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

ALCOHOL/SUBSTANCE ABUSE

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

ABUSE/HEALTH INFO

<i>American Heart Association</i>	800-AHA-USA-1	www.heart.org
<i>CDC National HIV/AIDS Contact Center</i>	800-CDC-INFO	www.cdc.gov/hiv
<i>CDC National STD Contact Center</i>	800-CDC-INFO	www.cdc.gov/std
<i>National Cancer Institute</i>	800-4-CANCER	www.cancer.gov
<i>National Child Abuse Hotline</i> (24 hrs.)	800-4-A-CHILD	www.childhelpusa.org
<i>National Organization for Rare Disorders</i>	800-999-6673	www.rarediseases.org
<i>Office on Women's Health</i>	800-994-9662	www.womenshealth.gov
<i>Poison Control Center</i> (24 hrs.)	1-800-232-8222	www.aapcc.org
<i>Rape, Abuse and Incest National Network (RAINN)</i> (24 hrs.)	800-656-HOPE	www.rainn.org
<i>Youth Violence Prevention</i>	800-273-8255	www.cdc.gov

MENTAL HEALTH

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

SEXUAL ORIENTATION/GENDER IDENTITY

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

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

