

# Kansas Helpline Resources for Children, Teens, Parents (and everyone else!)

Hello summer and every other season of the year! One of the best resources we can all keep at our fingertips is how and where to reach out for help in the event we feel overwhelmed and need to talk to someone.

For children and teens, if you need help, talk to your parents or a trusted adult about your concerns. If you have no one to talk with, the hotlines and organizations listed below are available to help with a variety of issues affecting teens and adults alike.

**Crisis Numbers:** For crisis situations where you or someone you know is in danger, call 9-1-1 or go to an emergency department.

**Suicide Prevention:** If you - or someone you know - are having thoughts of suicide or need to talk, please contact the National Suicide Prevention Lifeline 1-800-273-8255. If you prefer to text, you can text "START" to 741-741 where a live, trained specialist will respond back to you.

## Hotlines/Resources

### **Kansas Community Mental Health Centers 24/7 Hotlines**

<https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/cmhc-24-hour-crisis-lines>

High Plains Mental Health Center (Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Ness, Norton, Osborne, Phillips, Rawlins, Rooks, Rush, Russell, Sheridan, Sherman, Smith, Thomas, Trego, Wallace Counties) - 785-628-2871 or 800-432-0333

### **Kansas Children's Service League Parent Helpline**

- 1-800-CHILDREN
- <https://www.kcsl.org/ParentHelpLine.aspx>

### **NAMI Kansas Resource Line (for non-crisis calls)**

- 800-539-2660
- <https://namikansas.org/crisis-info/>

## Child Abuse

### **Kansas Protection Report Center**

- 1-800-922-5330
- <http://www.dcf.ks.gov/Pages/HotlineNumbers.aspx>

**National Child Abuse Hotline** 1-800-422-4453 [www.childhelp.org](http://www.childhelp.org)

## Domestic Abuse

### **Kansas Crisis Hotline**

- Statewide hotline for victims of domestic abuse, sexual assault, and stalking
- 1-888-363-2287
- <https://www.ag.ks.gov/public-safety/domestic-violence/resources>

**Options Domestic and Sexual Violence Services, Inc.**

**Crisis Hotline Number:** 800-794-4624 or 785-625-4202

**Counties Served:** Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Norton, Osborne, Phillips, Rawlins, Rooks, Russell, Sheridan, Sherman, Smith, Thomas, Trego, Wallace

**Website:** <http://help4abuse.org/>

### **Kansas Domestic Abuse Service Centers by region**

- <https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/>

Interactive map to find services near you

**National Coalition Against Domestic Violence Hotline:** (24 hours) 1-800-799-SAFE (1-800-799-7233)

[www.ncadv.org](http://www.ncadv.org)

### **Healthy Relationships:**

Love Is Respect: 1-866-331-9474 [www.loveisrespect.org](http://www.loveisrespect.org)

### **Alcohol, Drugs, Substance Use and Addictions**

- **Alcohol and Drug Abuse Help Line:** 1-800-821-4357
- **AlaTeen** 1-888-425-2666 [www.al-anon.org](http://www.al-anon.org)

### **Developmental Disabilities / Special Health Care Needs**

#### **Families Together, Inc.**

- <https://familiestogetherinc.org/>
- 1-800-264-6343

#### **Kansas Early Intervention Program**

- <http://www.ksits.org/>
- 1-800-332-6262
- <http://www.kumc.edu/school-of-medicine/cchd.html>

### **LGBTQ Resources**

#### **Kansas City Anti-Violence LGBT Hotline**

- 816-561-0550
- <http://www.kcavp.org/>

#### **Synergy Services Youth Crisis Hotline**

- 816-741-8700 / 888-233-1639
- [https://www.synergyservices.org/?page=Main\\_Our\\_Services\\_Youth](https://www.synergyservices.org/?page=Main_Our_Services_Youth)

**TrevorLifeline:** 866.488.7386

### **Other**

**National Human Trafficking Hotline:** 1-888-373-7888

**National Runaway Safeline:** 1-800-RUNAWAY

#### **National Eating Disorders Association Helpline**

- 800-931-2237
- <https://www.nationaleatingdisorders.org/>

**ANAD Hotline**

- (888) 375-7767
- <https://anad.org/our-services/eating-disorders-helpline/>

**National Dropout Prevention Center** 1-800-656-2599

- [www.dropoutprevention.org](http://www.dropoutprevention.org)