

# Lines of Support

For You, Your Team, and Your Community

## In a Crisis

*For immediate emotional support or life-threatening situations*

911 – Emergency Services

988 – Suicide & Mental Health Crisis Line

Crisis Text Line – Text HOME to 741741

Poison Control – 800-222-1222

## Abuse, Assault & Exploitation

*For reporting or getting support related to harm or danger from others*

Childhelp National Child Abuse Hotline – 800-4-A-CHILD  
(800-422-4453)

CyberTipline (Online Child Exploitation) – 800-THE-LOST  
(800-843-5678)

National Domestic Violence Hotline – 800-799-7233  
(TTY 800-787-3224)

National Sexual Assault Hotline – 800-656-HOPE (4673)

National Human Trafficking Hotline – 888-373-7888 |  
Text HELP to BeFree (233733)

National Runaway Safeline – 800-RUNAWAY (786-2929 | Text 66008

Elder Abuse Hotline – 855-500-3537

Identity Theft Hotline (FTC) – 877-438-4338 | [identitytheft.gov](https://www.identitytheft.gov)

## Ongoing Support & Referrals

*For ongoing help with mental health, addiction, and other needs*

Substance Abuse – 800-662-HELP (TTY 800-662-4889)

Alcoholics Anonymous– 800-232-4636

LGBTQ+ National Help Center – 888-843-4564

Trans Lifeline – 877-565-8860

Veterans Crisis Line – Call 988, then press 1 | Text 838255

Disaster Distress Helpline--800-985-5990 | Text TalkWithUs to 66746

Disability Rights Hotline – 800-348-4234

Grad Students – 877-GRAD-HLP (877-472-3457)

311 – Non-emergency police and other government services

211 – Referral to local resources (for housing, food, etc.)

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