



## **State and National Hotlines**

### ***Talk to someone anytime, anywhere***

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- New Haven Emergency Mobile Crisis Services: Dial 1-800.467.3135 or dial 211
- Substance-related
  - Substance Abuse and Mental Health Services Administration National Helpline: 1-800-662-HELP (4357)
  - AA and NA offer remote meetings (Google search)
  - Website: <https://www.smartrecovery.org/>
- Eating Disorders Hotline: 1-888-236-1188
- Gay, Lesbian, Bisexual, and Transgender Youth Hotline: 1-800-850-8078
- Trans Lifeline: 877-565-8860
- National Child Abuse Hotline: 1-800-422-4453
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
  - Chat forum: <https://www.thehotline.org/help/>
- National Runaway Switchboard: 1-800-621-4000
- National Youth Crisis Hotline: 1-800-448-4663
- National Parent Helpline: 1 (855) 4A PARENT [1 (855) 427-2736]
- Nine Line (Teens in Crisis): 1-800-999-9999
- Crisis Text line: text TALK to 741741
- Disaster Distress Helpline
  - This is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including infectious disease outbreaks. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text the phrase "TalkWithUs" to 66746 to connect with a trained crisis counselor.