

NATIONAL HOTLINE NUMBERS 2025

Disclaimer: "if you believe this is a medical emergency and cannot wait for your provider, please call 911 or proceed to your local ER".

National Helplines

Need to talk or get immediate help in a crisis? Help is available. If you or a loved one need assistance, please reach out. These numbers do not replace calling 9 7 7 or your healthcare provider in a medical emergency

National Helplines are available 24/7:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Or dial 988
- Crisis Text Line: Text "GO" to 741-741 Free. Confidential.
- Poison Control Center: 1-800-222-1222
- Healthy Mothers, Healthy Babies Hotline: Dial 211
- Boystown National Helpline: 1-800-448-3000
- Family Helpline: Any question, any time 888-866-8660
- Rural Response Hotline: 1-800-464-0258
- Disaster Distress Helpline: 1-800-985-5990 (opreme dos para Espanol) or text "TalkWithUs" to 66746.
- National Domestic Violence Hotline: 1-800-799-7233 Or Text "LOVEIS" to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline/RAINN: Rape, Abuse, and Incest National Network: 800-656-HOPE (4673)
- National Human Trafficking Resource Center: 1-888-373-7888 Or Text "BeFree" to 23733
- National Safe Place: Text "SAFE" and your current location to 69866
- Veterans Crisis Line: 1-800-273-TALK (8255) Or dial 988 - Press 1 for veterans

For help with housing, financial assistance, food pantries, or other community resources and help--Search for local options using

www.findhelp.org

