

IMPORTANT PHONE NUMBERS & TEXT/CHAT OPTIONS:
In an immediate life-or-death emergency, call 911!

National COVID-19 Distress Helpline

1-800-985-5990

or text "TalkWithUs" to 66746

NATIONAL SUICIDE HOTLINE:

1-800-273-8255

En Español: 1-888- 628-9454

CHAT BUTTON at

<https://suicidepreventionlifeline.org/>

National Intimate Partner Abuse Hotline:
1-800-799- SAFE (7233) (TTY 800-787-3224)

(English & Spanish)

OR TEXT "LOVEIS" to 22522

<https://www.thehotline.org>

LGBTQ info: <https://www.thehotline.org/is-this-abuse/lgbt-abuse/>

National Child Abuse Hotline:

1 (800) 4-A-CHILD (422-4453)

<https://www.childhelp.org/hotline/>

Abuse Hotline Elders 60+ & Adults w/ Disabilities

(800) 222-8000