



## ∞ Hotlines ∞

### Phone Hotlines

Suicide: Call or text 988 (English or Spanish)

To talk to a trained counselor for free: Call or text 988 (English or Spanish)

Abuse and Violence:

- National Child Abuse Hotline: 800-4-A-CHILD (800-422-4453)
- National Domestic Violence Helpline: 800-799-SAFE (800-799-7233)
  - o TTY: 800-787-3224
- Sexual Violence: 800-656-HOPE (800-656-4673)
- Human Trafficking: 888-373-7888

Alcohol and Drug Abuse:

- New York State Addiction / Gambling Hotline: 877-8-HOPE-NY (877-846-7369)
- Substance Abuse and Mental Health Service Administration: 800-662-HELP (800-662-4357)
  - o TTY: 800-487-4889
- Marijuana Anonymous: 800-766-6779
- Al-Anon/Alateen – for relatives / friends: 888-4AL-ANON (888-425-2666)

LGBTQIA+ Support:

- Trevor Helpline (for teens / young adults): 866-488-7386
- LGBT National Help Center (peer support): 888-843-4564
- Trans Lifeline (peer support): 877-565-8860
- SAGE LGBTQ+ Elder (60+) / caregiver hotline: 877-360-LGBT (877-360-5428)
- Anti-Violence Project – to report violence: 212-714-1141

Runaway Support: 800-RUN-AWAY (800-786-2929)

Parental Stress Hotline (peer support): 800-632-8188

## Texting Numbers

Suicide or Crisis: 988 (English or Spanish)

Domestic Violence: 88788

Anti-LGBTQIA+ Violence: 212-714-1141

LGBTQIA+ Youth: 678678

Substance Abuse / Addictions: 467369

Human Trafficking: 233733

## Online Chat

Suicide: [988lifeline.org/chat](https://988lifeline.org/chat)

General: [nycwell.cityofnyc.us](https://nycwell.cityofnyc.us)

LGBTQIA+: [thetrevorproject.org/get-help](https://thetrevorproject.org/get-help)

Domestic Violence: [thehotline.org](https://thehotline.org)

Sexual Abuse: [online.rainn.org](https://online.rainn.org)

Child Safety: [childhelphotline.org](https://childhelphotline.org)

Human Trafficking: [humantraffickinghotline.org/en/chat](https://humantraffickinghotline.org/en/chat)